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ADVERTORIAL

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**INCOME DISPARITY**
CANADA'S GROWING GAP BETWEEN THE RICH AND POOR {page 20}

NEW-FOUND PLANET EERILY SIMILAR TO EARTH
{page 12}

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# City council chows down on close to $50K worth of food

- Until two years ago, council's budget for food was $75,000
- The Civic Cafeteria serves meals during council meetings

KATIE TURNER
@METRONEWS.CA

Costs to provide city council with coffee, tea and a whole lot of meals are proving difficult to swallow for some aldermen.

According to the city clerk's office, the budget to provide food during meetings is $47,000 — a number that has gone over budget by about $13,000 for the past two years.

"Holy geez. It's that high, really?" said Ald. Ray Jones. "The food is not that good."

That budget includes snacks, beverages and lunch for council members, and when meetings run past 6 p.m. — as the majority have this year — about 30 meals in total are ordered for dinner for council, administration and members of the media.

On top of regular council meetings, lunch is ordered for council members when committee meetings run past noon.

First-term Ald. Peter Demong said he had heard rumours but didn't know the exact catering budget.

"I think we all have a general sense that the prices are pretty high," he said. "I don't think there's one of us that is terribly happy about it."

Scott Hennig with the Canadian Taxpayers Federation said the budget should be closer to $20,000.

"No one is expecting that media and our aldermen, our mayor and administration, when they have to work through dinner, are going to be fed gruel," he said. "But it's not like restaurants aren't open ... do they not know that Pizza Hut delivers?"

However, Ald. Brian Pincott said considering the number of people fed throughout the year, the budget is reasonable.

Pincott argues council could cut their spending if meetings were ended before meal times.

"It is the 15 of us that control how long the meeting goes by the amount that we talk," he said. "It's our own fault, we have control of that."

### By the meal

- **Number of meals ordered.** The city clerks' office does not track the number of meals ordered over the year.
- **Adding it up.** If council held 40 council and strategic-planning meetings and ordered 30 meals at each meeting, and held another 100 committee meetings for which 10 meals were ordered each time, that would equate to 2,200 meals.

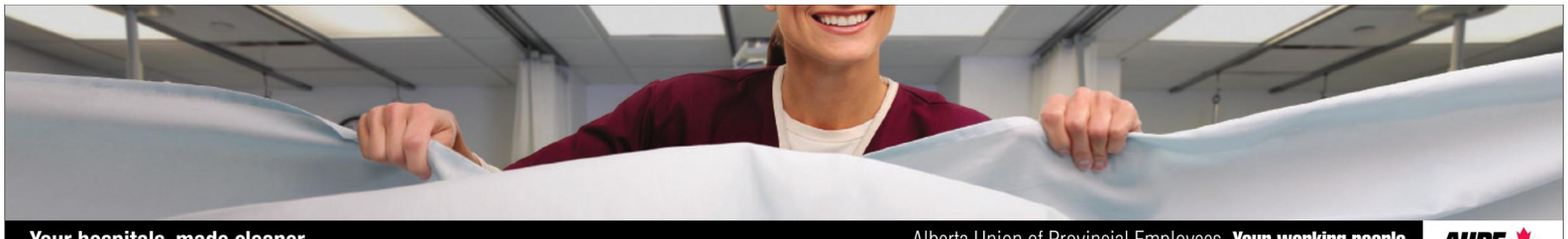
**Teddy.** Delivery

▶ Calgary Hitmen Cody Sylvester, left, and Joe Kornelsen surround 18-month-old Owen Martens with stuffed animals.

KATIE TURNER/METRO

## Distributing stuffed animals

**Following Sunday night's 17th annual Teddy Bear Toss at the Saddledome, members of the Calgary Hitmen distributed stuffed animals yesterday to kids at the Alberta Children's Hospital. Story, page 8.**



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# Tory MP turned down breath test, say police

- Peter Goldring has reportedly left government caucus
- Veteran lawmaker's alleged actions 'a huge disappointment': MADD

SHELLEY WILLIAMSON
@METRONEWS.CA
METRO CANADA IN EDMONTON

THE CANADIAN PRESS

▶ Edmonton MP Peter Goldring reportedly stepped down from caucus after police confirmed he was charged after refusing to provide a breath sample when pulled over early Sunday.

Edmonton police have confirmed that MP Peter Goldring has been charged with impaired driving-related charges, after being pulled over by officers early Sunday in that city.

The Conservative MP for Edmonton East had been at his riding association's Christmas party Saturday evening.

The 66-year-old MP, elected first in 1997, faces one charge of refusing an approved screening device, police said.

An EPS source characterized Goldring's response to officers, after being pulled over at about 12:30 a.m., a few blocks from the fundraiser he'd attended, as "difficult."

A senior government source said yesterday the MP had withdrawn from caucus voluntarily and he won't return until the matter is resolved.

His offices in Ottawa and Edmonton did not offer comment yesterday.

Goldring earlier opposed a Mothers Against Drunk Driving proposal for legislation requiring police to test more drivers roadside, even those not suspected of impairment.

"It is safe to say everyone is opposed to drunk driving — but there are civil liberty issues involved," he wrote on a 2009 blog post.

Leila Moulder, president of the Mothers Against Drunk Driving (MADD) Edmonton chapter, called news of the MP's charge "a really a huge disappointment for us." **WITH FILES FROM THE CANADIAN PRESS**

### The charges

- The charge, 254(5) under the Criminal Code, brings a 24-hour licence suspension, a 21-day grace period followed by a three-month licence suspension.
- The charge also carries a mandatory court appearance and, if convicted, a $1,000 fine and up to five years in jail and/or a further driving prohibition.
- A spokesperson for the Prime Minister's office declined specific comment on Goldring's charge, but said the Harper government takes drinking and driving very seriously.

## Couple likely drowned in Mexico: Reports

Numerous media reports suggest a Calgary couple has died in an accidental drowning in Mexico.

The pair, identified as 72-year-old farmer Jim Reimer and his companion Jan, were found Sunday in Progreso, approximately 300 kilometres west of Cancun. Police at the scene of the discovery identified Reimer as the likely victim after finding a drivers' licence, according to local news organization Progreso Hoy. **METRO**

## Pedestrian killed by C-Train

Investigators were still working yesterday to determine what led a 49-year-old female to walk in front of a northbound train in the city's northeast.

The incident took place during the busy morning rush hour around 7:50 a.m. between the Rundle Station and Whitehorn Station. The area has seen its share of pedestrian-involved collisions in recent months, leading some to suggest removing LRT surface-level pedestrian crossings.

The victim was struck by the right corner of the train and was knocked to the ground. She later died in hospital. **METRO**

1 news

A pharmaceutical company says its new sleep drug will keep you dozing but that you might also drive or make phone calls while under the drug's influence. Scan the code for the story.

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**On the web at metronews.ca**

**A dismal week on the markets was followed by a banner week. Allan Small has some theories as to what's behind the volatility. More at metronews.ca/investing**

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# Drivers getting the drift on parking ban

**Snow-route parking ban lifted at 6 p.m. last night City launched road-conditions app yesterday**

KATIE TURNER
@METRONEWS.CA

Crews were able to clear snow much more efficiently, according to city officials, following the city's first snow-route parking ban.

Spokesperson for the city roads department Sean Somers said that considering the high volume of snow that accumulated over the weekend, the cleanup process went relatively smoothly.

"When you consider over the last 36 hours we've got up to 15 centimetres — in some areas where it's been drifting 20 centimetres of snow — that's a lot of snow," he said. "This has really allowed us to be more efficient."

He said the crews will now move on to clearing residential streets later this week.

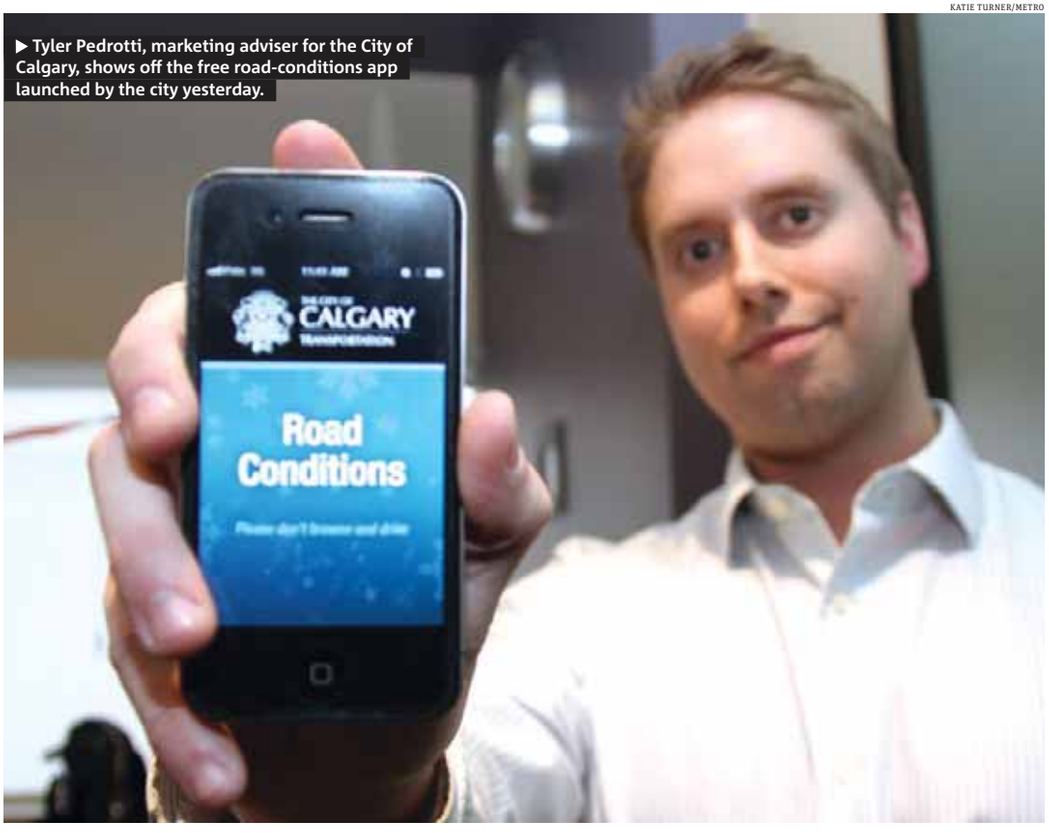
Manager of the Calgary Parking Authority said overall Calgarians responded well. "To have over 80 per cent move their vehicles and find other locations, we're thankful that they were able to do that."

In addition to email notifications, the city has launched a free app that will automatically inform users when a snow-route parking ban is declared.

### Ban impact

- The total number of warnings issued by the Calgary Parking Authority yesterday was 4,140.
- The city estimates there are close to 1 million on-street parking stalls available in Calgary.
- Roughly 22,000 of those on-street parking stalls impacted by the snow route parking ban.

KATIE TURNER/METRO




▶ Tyler Pedrotti, marketing adviser for the City of Calgary, shows off the free road-conditions app launched by the city yesterday.

# School closures a programming issue: CBE director

JEREMY NOLAIS
@METRONEWS.CA

Closing a third northwest Calgary school could permanently devastate its surrounding community, according to parents.

Calgary Board of Education officials are currently evaluating whether to close Terrace Road elementary in Montgomery. While the school's fate is by no means sealed, the outlook is less than promising, given that declining enrolment led to the closure of Montgomery junior high school less than a kilometre up the road last year.

Combine that with the 2004 closure of R.B. Bennett school three kilometres to the north and many believe the community has little to offer prospective residents going forward.

"Families pick communities with schools," said parent Angie Chapman. "These inner-city neighbourhoods will become nothing."

CBE area director Jeannie Everett said R.B. Bennett was sold to the city four years ago and a future use for the former Montgomery school site is still being determined.

She added that officials have looked at options to boost enrolment at Terrace Road but eventually it becomes a quality of programming issue.

"We were hoping for 17 kids in kindergarten, we got three," Everett offered as one example of Terrace Road's struggle.

Trevor Dreher, parent-council chair at Terrace Road, said the CBE's school-closure procedures are broken and he intends to fight the potential closure.

"OK, maybe having three schools in one community is not realistic," he said.

"But you would think they would give us the resources to maintain at least one."

JEREMY NOLAIS/METRO

▶ Parent council chair Trevor Dreher, seen at an open house at Terrace Road school last night, is calling on public-school officials to revisit policies surrounding school closures.

### Tough choices

- Terrace Road elementary currently has 100 students, meaning only about 30 per cent of its space is being used, according to officials.
- The CBE did look at opening a specialized science program at the school, but there was little interest, said area director Jeannie Everett.

## U.S. group offers to help save Canmore bunnies

A white knight has hopped into rescue bunnies facing the death penalty in Canmore. Animal Rescue Corps, a U.S. non-profit animal protection organization, announced yesterday it would capture, sterilize and relocate 100 per cent of the rabbits if a plan to kill the animals, which have been a nuisance for landowners, was scrapped.

THE CANADIAN PRESS

## Accused says he's not a murderer

A man charged with second-degree murder for allegedly ramming his truck into a crowd outside an Alberta bar last year told police he is not a murderer. Jeffrey Leinen has admitted he was the driver that ran over and killed 18-year-old Nicholas Baier but has pleaded not guilty in the case. The jury watched a police video interview with Leinen after his arrest on Oct. 29, 2010.

THE CANADIAN PRESS

## Mountie injured in shooting released from hospital

One of two Alberta RCMP officers injured in a shootout has been released from hospital. Mounties say a second officer remains in hospital, although his injuries are not life-threatening. Both are members of an emergency response team that was called to a home Saturday near Breton, following a report that a man had been shot.

THE CANADIAN PRESS

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# O Fortuna! Is this @CarlOrff's legacy?

## Latest choral offering made up entirely from public tweets 120 singers brought in to belt out the lyrics

As the bitter cold of winter arrives, the Calgary Philharmonic Orchestra's choir is atwitter, hoping its new, social-media-inspired song will warm your spirits.

Creative duties for the group's latest offering were turned over to the social-media-savvy public, who were asked to respond in 140 characters on Twitter to the question "How do you stay warm in #yyc?"

The responses were varied, to say the least.

"Calgary Flames shirt. Jasper Park Lodge. Tweet, tweet, tweet till you feel the heat," wrote one contributor.

"Raw Bar cocktails. Hi-Fi clubbing. Wine Bar in Kensington," said another.

Chorus master Timothy Shantz was then tasked with taking the tweets and arranging them to fit composer Carl Orff's classic piece O Fortuna.

From there, he led a roughly 120-member choir — each of them struggling to keep a straight face — through a recording of the final product late last month. It is believed to be the first professional Twitter chorus ever created.

"We were really happy with it," Shantz said. "We were trying to piece them together in a funny way but also showcase the various areas of town that people want to go to in the winter and how to stay warm in Calgary."

Tourism Calgary helped bring together the tweets for the piece. Representative Ian Chiclo said the humorous offering has the ability to draw in younger individuals.

"It's a way for us to talk about Calgary in different ways — not necessarily traditional ways — and have some fun as well," he said.

JEREMY NOLAIS

### New masterpiece

- In all, 20 tweets were used to create the Calgary Philharmonic Orchestra's roughly three-minute song. Chorus master Timothy Shantz spent roughly two hours arranging the song, and his choir performed it flawlessly on their second try.
- Yesterday, the video had already been watched a few thousand times on YouTube.
- See the video at metronews.ca/calgary

JEREMY NOLAIS/METRO

▶ Calgary Philharmonic Orchestra chorus master Timothy Shantz has become very familiar with Twitter in recent weeks.

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# Hitmen deliver smiles to hospital

**Team delivers 400 teddy bears to patients after annual Teddy Bear Toss The toys collected from fans are distributed to more than 50 agencies**

KATIE TURNER
@METRONEWS.CA

Waiting for her daughter's annual cancer check-up is an event that Rebecca O'Brien dreads. But yesterday the Calgary Hitmen provided a welcome distraction.

In between a physiotherapy appointment and a visit to the cancer clinic, O'Brien and her 15-year-old daughter, Olivia, were greeted by hockey players and bags full of teddy bears.

"I wasn't really looking forward to filling in the hour and a half because I get really stressed about her annual cancer check-up. So this is kind of nice," O'Brien said.

Olivia explained that she's no stranger to hospitals after having muscle-tissue cancer in her left leg when she was five.

Cancer treatment stopped the growth of her leg, resulting in many trips to the hospital every month.

"That's really cool that this was on the ice," she said, holding a stuffed camel.

"I can remember when even just the dog would come in and that would bring a smile to my face. So having a teddy bear that you'll remember … it's pretty cool."

Hitmen player Jimmy Bubnick said he has loved delivering the plush toys to the hospital during his three seasons with the Hitmen.

"It's a heartwarming feeling," the 20-year-old said.

"It's definitely a lifelong memory and a pretty special experience."

### Teddies on ice

1. More than 25,000 teddy bears were tossed onto the ice on Sunday night.
2. Calder Brooks scored the Hitmen goal that initiated the toss.
3. It was the second goal of his WHL career.

KATIE TURNER/METRO

▶ Jimmy Bubnick of the Calgary Hitmen presents Olivia O'Brien, 15, with a couple of stuffed animals, including a dog, at the Alberta Children's Hospital yesterday.

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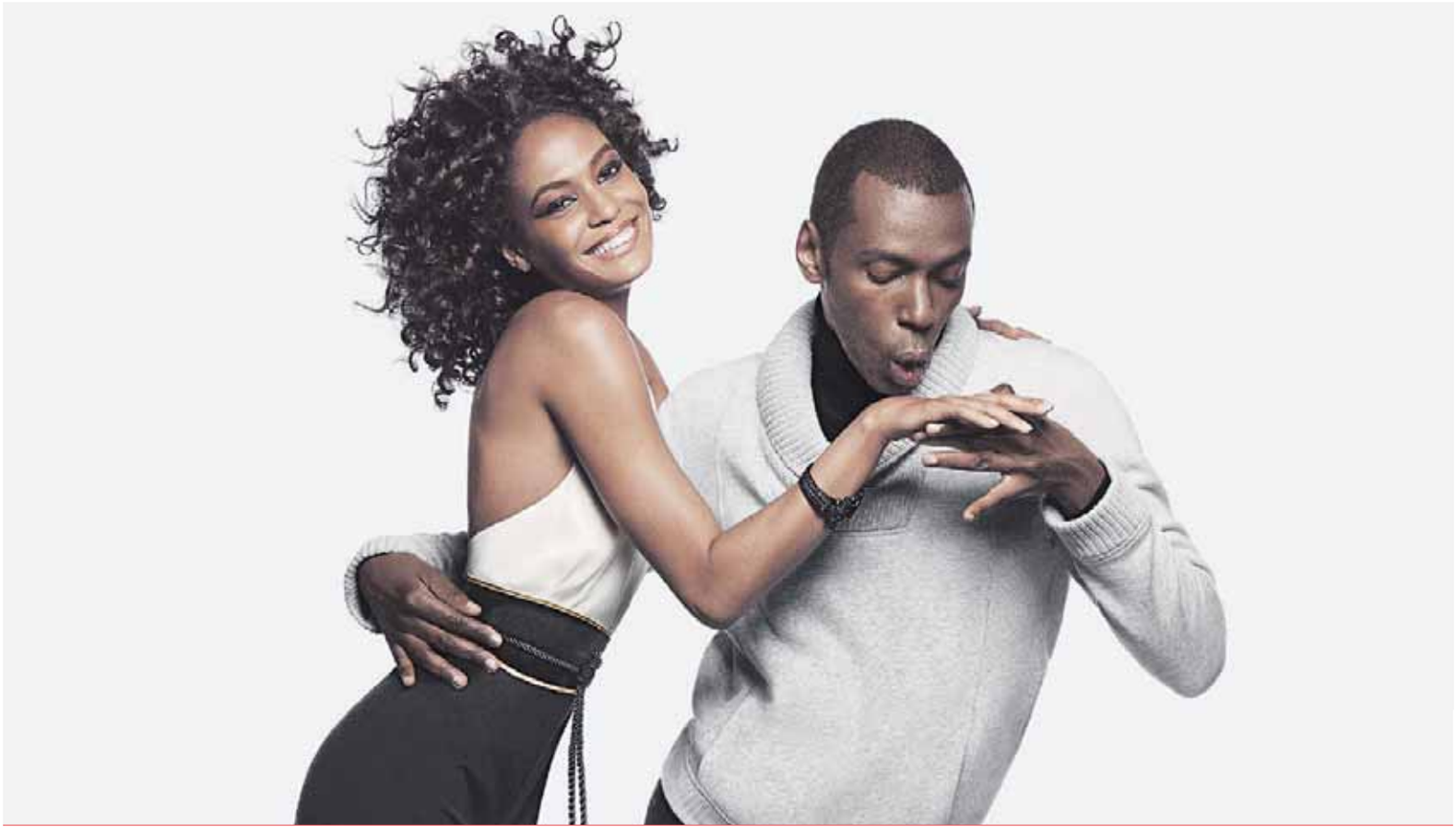

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# Canada will not renew Kyoto commitment

**Ottawa to spend $1.2B to help poor countries with their climate-change efforts U.S., one of the world's biggest polluters, hasn't ratified deal**

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

▶ An activist wears a mask depicting the face of Prime Minister Stephen Harper at a protest in Durban, South Africa, yesterday.

Canada will not renew its commitment to the Kyoto Protocol, despite a tempting climate-change offer from China, Environment Minister Peter Kent said yesterday.

Kent said Canada will not sign on for a second Kyoto phase, even if doing so meant top polluter China would agree to targets to cut its own greenhouse gases.

China has long refused to adopt binding treaty commitments to lower its greenhouse-gas emissions.

But this weekend, China's top negotiator signalled that Beijing would consider a target if the European Union and developed nations — including Canada — first agreed to extend their Kyoto commitments.

China's olive branch did not sway Kent. When asked if the offer might get Canada to reconsider signing on for a second phase of Kyoto after it expires next year, the minister simply said no.

He said Canada's "fixation" is on sealing a deal made two years ago at a United Nations climate-change conference in the Danish capital of Copenhagen.

"Canada has made clear this year that Canada will not make a commitment to a second Kyoto period," Kent said.

The NDP's environment critic, MP Megan Leslie, said China's move puts Canada in a tough spot.

"The argument that China isn't doing anything, well, that's gone," she said.

"I'm left to ask, 'What is Canada's excuse now?'"

Jean Chretien's Liberal government joined Kyoto in 1998 but took little action to meet Canada's targets to reduce greenhouse-gas emissions.

The Conservatives also ignored Kyoto after they came to power in 2006. Canada has since set its own target of cutting emissions by 17 per cent from 2005 levels by 2020 — the same goal set by the Obama administration in Washington.

The Kyoto accord requires countries to make even deeper cuts to their greenhouse-gas emissions, but the Tories say reductions of that magnitude would hurt the economy.

THE CANADIAN PRESS

### Condemnation

- Environmentalists have strongly condemned Canada for its position on climate change and its approach to dealing with greenhouse gas emissions.
- "Our loss of credibility on these issues didn't happen overnight," Queen's University biology professor John Smol said in a statement.
- "It's partly the result of ongoing neglect of environmental science at the federal level, but it also stems from a long history of broken promises, both to Canadians and to our global peers."

# Witness recalls cat's screaming

JENNIFER TAPLIN IN HALIFAX

RYAN TAPLIN/METRO HALIFAX

**"I'll never forget the sound the cat made."**
ANDREW DENTON, WITNESS

A cat was allegedly beaten to death in Halifax during an alcohol-fuelled rage over the weekend. And it's the sound of a wailing cat that neighbour Andrew Denton still can't get out of his head days later.

Denton and his girlfriend were in his apartment on Saturday night when he said they heard a thumping on the wall.

"It sounded like screaming and we moved in closer (to the wall) and it sounded like a cat," said Denton, who has two cats of his own.

A man lives next door and his girlfriend had recently moved in with her cat, Denton said. The superintendent got the man, who appeared drunk, to open his door.

RCMP officers arrived and found the dead cat. They arrested a 48-year-old intoxicated man and later released him.

KINGSTON DEATHS

## Expert testifies on honour killings

So-called honour killings stem from a loss of male control over women's bodies, and bloodshed is seen as a way to purify dishonour, an expert testified yesterday as the Crown wrapped up its case against a family accused of four such killings.

In some cultures, particularly in the Middle East, honour is valued more than life, and can often accompany declarations of love for the victims from the perpetrator, Shahrzad Mojab told court.

Mojab was the last witness to testify for the prosecution in the trial of a Montreal couple accused, along with their adult son, of killing their three daughters and the first wife in the family's polygamous marriage.

THE CANADIAN PRESS

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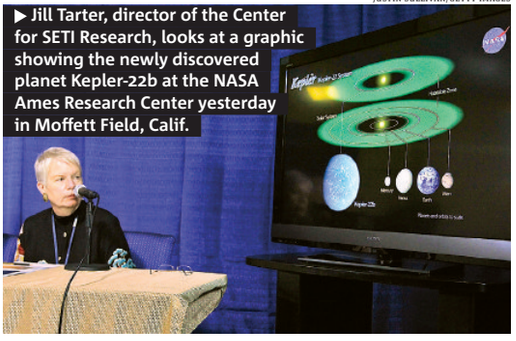
# Planet similar to Earth found

- Kepler-22b is about 2.4 times the size of our home
- Space shuttle would take 22M years to get there

JUSTIN SULLIVAN/GETTY IMAGES



▶ Jill Tarter, director of the Center for SETI Research, looks at a graphic showing the newly discovered planet Kepler-22b at the NASA Ames Research Center yesterday in Moffett Field, Calif.

A newly discovered planet is eerily similar to Earth and is sitting outside Earth's solar system in what seems to be the ideal place for life, except for one hitch: It is a bit too big.

The planet is smack in the middle of what astronomers call the Goldilocks zone, that hard-to-find place that is not too hot, not too cold, where water, which is essential for life, does not freeze or boil. And it has a shopping-mall-like surface temperature of near 72 degrees, scientists say.

The planet's confirmation was announced yesterday by NASA along with other discoveries by its Kepler telescope, which was launched on a planet-hunting mission in 2009.

That is the first planet confirmed in the habitable zone for Kepler, which already had found Earth-like rocky planets elsewhere. Twice before astronomers have announced a planet found in that zone, but neither has been as promising. THE ASSOCIATED PRESS

**Texas.** Snowfall

▶ Jovonica Cortinez, left, 19, and her friend Angelina Llanez, 30, make a snowman yesterday in Purple Sage Park in Odessa, Texas.

MARK STERKEL/ODESSA AMERICAN/THE ASSOCIATED PRESS

## Odessa gets 2.5 inches of snow

**The National Weather Service indicated that Odessa had received about 2.5 inches of snow but that other parts of the area had received more.**

**300** A team at the University of California at Berkeley discovered two gigantic black holes in clusters of galaxies 300 million light years away.

## Hole lotta nothin'

Scientists have found the biggest black holes known to exist — each one 10 billion times the size of our sun. The previous black-hole record-holder is as large as six billion suns. THE ASSOCIATED PRESS

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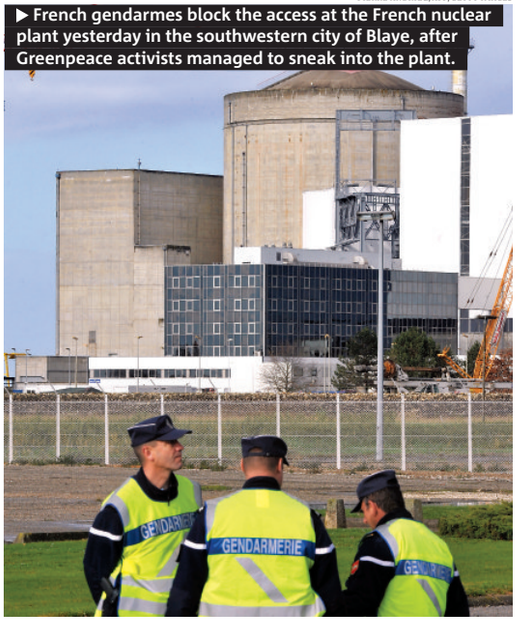
# Greenpeace invades French nuclear plant

PIERRE ANDRIEU/AFP/GETTY IMAGES




▶ French gendarmes block the access at the French nuclear plant yesterday in the southwestern city of Blaye, after Greenpeace activists managed to sneak into the plant.

Greenpeace activists invaded a French nuclear power plant site before dawn yesterday — a media stunt that deeply embarrassed the government as it was carrying out a safety review of France's crucial atomic energy sites.

In one of at least four near-simultaneous attempts to invade nuclear sites across France, nine activists sneaked into one plant in Nogent-sur-Seine southeast of Paris. Some scaled a domed containment building above a nuclear reactor to hoist a banner that read "safe nuclear doesn't exist" and paint an exclamation point, evoking danger, on the rooftop.

President Nicolas Sarkozy derided the "rather irresponsible" risks to lives, yet the guerilla-style tactics immediately stoked concerns about the vulnerability of France's nuclear facilities to terrorists or any other would-be invaders.

Activists who tried to enter three other French nuclear sites yesterday were prevented from doing so, but Greenpeace said other invaders were still holed up inside other, unspecified, nuclear sites. The environmental group even posted a video on its website of one whispering activist said to be speaking from inside a nuclear site under what looks like a white tent. THE ASSOCIATED PRESS

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# U.S. rethinks visa plan

**Secretary of State orders review of popular exchange program after officials find workers were exploited by mafia, businesses Reforms being considered**

**J-1 controversy**

- **The State Department has** made several changes last year after it uncovered widespread abuses, including living and working conditions that some participants compared to indentured servitude.
- **In one of the worst cases,** a woman said she was beaten, raped and forced to work as a stripper in Detroit after being promised a job as a waitress in Virginia.
- **In August, dozens of** workers protested conditions at a candy factory that packs Hershey chocolates in Pennsylvania, complaining of hard physical labour and pay deductions for rent that often left them with little money.

U.S. Secretary of State Hillary Clinton has ordered an "extensive and thorough review" of a foreign-exchange program that has been used by U.S. businesses as a source of cheap labour and exploited by criminals to import women to work in the sex industry.

In the latest debacle for the J-1 Summer Work Travel visa, a federal indictment unsealed last week accuses the mafia of using the cultural exchange program to bring Eastern European women to work in New York strip clubs.

The U.S. House Judiciary Committee's immigration subcommittee also has been gathering information on the J-1 visa, which was created in 1963 to allow college students from other countries to spend their summer breaks living, working and travelling in the U.S.

As the program has grown to facilitate more than 100,000 exchanges annually, it has become as much about money as cultural understanding.

A State Department spokesman, who spoke anonymously, said Clinton "has called for an extensive and thorough review of the program."

"We continue to be committed to working to strengthen the Summer Work Travel Program to safeguard the health and welfare of the participants," the official said in an email late Friday. "We have already instituted one set of reforms and are working toward additional ones that take additional measures to protect participants and prioritize the original cultural intent of the program."

The New York case was made public just days after the State Department opened a period of public comment on proposed changes that would require companies that sponsor the participants to gather more information about employment and living arrangements.

The reforms being considered by the State Department would limit and refine the types of jobs students can have, expand the list of prohibited employment categories and strengthen the cultural aspects of the program.

THE ASSOCIATED PRESS

**Russia.** Protest

▶ Police officers detain an opposition activist during a protest against vote rigging in St. Petersburg, Russia, yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

## Election outrages Russians

**Thousands of protesters hit the streets last night and accused Prime Minister Vladimir Putin's party of rigging this weekend's parliamentary election in which it won the largest share of the seats, but its popularity fell.**

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# Japanese nuke plant leaks radioactive water

TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS

▶ This photo released on Sunday by Tokyo Electric Power Co. shows leakage from a purification device at the tsunami-damaged Fukushima Dai-ichi nuclear power plant.

Japan's crippled nuclear power plant leaked about 45 tons of highly radioactive water from a purification device over the weekend, its operator said, and some may have drained into the ocean.

The leak is a reminder of the difficulties facing Tokyo Electric Power Co. as it tries to meet its goal of bringing the tsunami-damaged Fukushima Dai-ichi nuclear power plant to a cold shutdown by year's end.

A pool of radioactive water was discovered midday Sunday around a decontamination device,

TEPCO said in a statement on its website. After the equipment was turned off, the leak appeared to stop. Later, workers found a crack in a concrete barrier leaking the contaminated water into a gutter that leads to the ocean.

TEPCO estimated about 300 litres leaked out before the crack was blocked with sandbags.

The leakage of radioactive water from the Fukushima plant into the Pacific Ocean in the weeks after the March 11 accident caused widespread concern that seafood in the coastal waters would be contaminated.

Officials were checking whether any water had reached the nearby ocean.

The leakage of radioactive water from the Fukushima plant into the Pacific Ocean in the weeks after the March 11 accident caused widespread concern that seafood in the coastal waters would be contaminated.

The pooled water around the purification device was measured Sunday at 16,000 bequerels per litre of cesium-134, and 29,000 bequerels per litre of cesium-137, TEPCO said. That's 270 times and 322 times higher, respectively, than government safety limits, according to the Citizens' Nuclear Information Center in Tokyo.

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## News in brief

### 2011's word of the year is ...

**CAN YOU USE IT IN A SENTENCE?** You may not have heard the word before now but according to Dictionary.com, tergiversate (TUR-ji-ver-seyt) is the word of the year. Tergiversate means "to change repeatedly one's attitude or opinions with respect to a cause or subject." **THE CANADIAN PRESS**

### Bottle braves the Atlantic

**GLASS PASSAGE.** A 10-year-old upstate New York boy's message in a bottle dropped in the Atlantic as part of a school project has been retrieved across the ocean in the Azores.

Curtis Kipple of Adams Basin, west of Rochester, wrote a letter in March along with his fellow fourth graders. The bottles were dropped into the Gulf Stream, 30 miles off shore, by a fisherman from North Carolina's Outer Banks.

The Democrat and Chronicle of Rochester reports that the school received a return email this week from a tiny fishing village on the Azores archipelago off Portugal. **THE ASSOCIATED PRESS**

### Search upsets senior citizen

**TROUSER DOWNER.** A second senior citizen is claiming the Transportation Security Administration made her pull down her pants during a search at New York's Kennedy Airport.

Eighty-eight-year-old Ruth Sherman of Sunrise, Florida, tells WCBS television in New York that agents were suspicious of her colostomy bag. **THE ASSOCIATED PRESS**

# Fists up over UFC event

## Toronto city councillor says anti-bullying rally fronted by mixed martial artists will send 'a good message'

NATHAN DENETTE/THE CANADIAN PRESS

▶Mark Hominick, left, gets his eye checked after taking a blow to the head during the featherweight championship match at UFC 129 in Toronto on April 30.

The mixed martial-arts fighters of the popular UFC are the ideal ambassadors to deliver anti-bullying messages to the youth of Toronto, a controversial city councillor said yesterday.

Doug Ford, brother to the city's firebrand mayor Rob, defended his support yesterday of an anti-bullying event sponsored by the city's police service and the Ultimate Fighting Championship, the world's largest mixed martial arts promoter.

A weekend report in the Toronto Star newspaper suggested the rookie councillor was pushing for an ongoing partnership between the city's school boards and the UFC.

The report angered some school trustees, who considered Ford's endorsement irresponsible at a time when teen suicides were grabbing headlines and anti-bullying initiatives were under discussion in at least two provincial legislatures.

Ford, however, insisted yesterday that he did nothing more than offer a one-time endorsement for a one-off event.

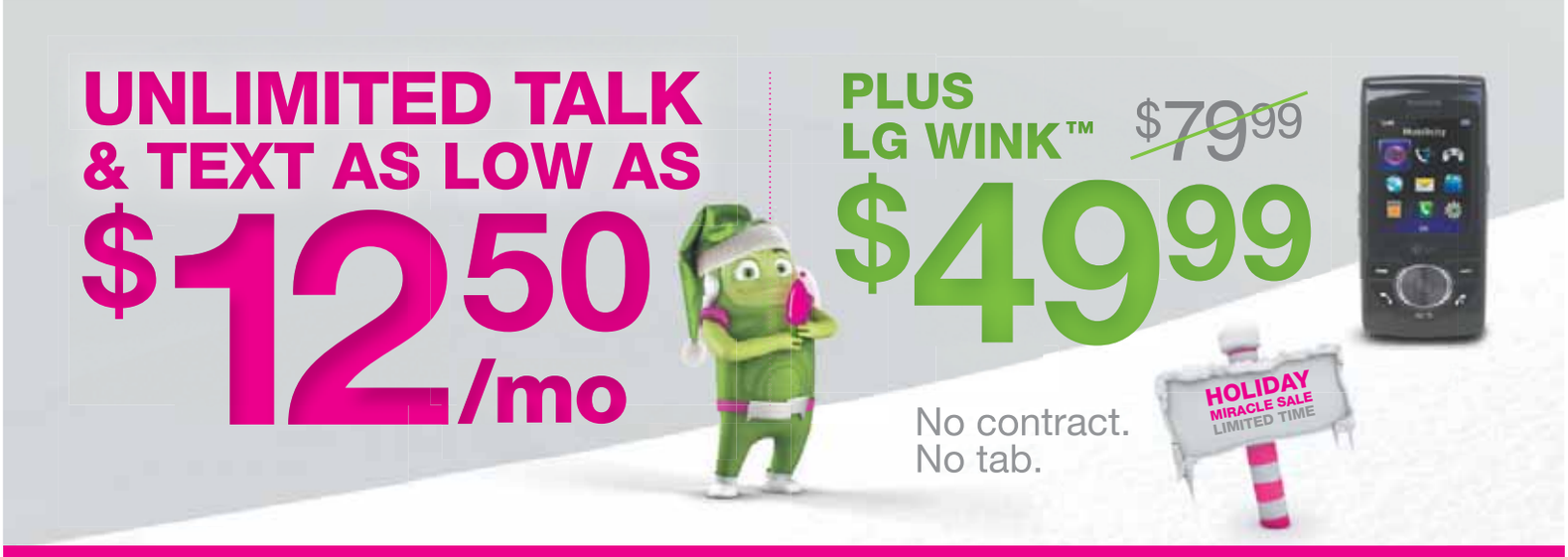
"A lot of these kids, their idols are athletes, be it in football, or a hockey athlete, or a UFC athlete," Ford said in a telephone interview. "If we can get the message through some of their idols, I think it's a good message."

The public event today at Toronto's Rogers Centre will feature speeches from four UFC stars. **THE CANADIAN PRESS**

### Ultimate facts

**History of violence.**

- A combat sport that debuted in 1993 with virtually no rules other than no biting or eye-gouging, mixed martial arts now has a unified set of rules and is sanctioned in most jurisdictions by the same athletic bodies that govern boxing.
- UFC fighters train in a variety of styles, from boxing and wrestling to jiu-jitsu and wrestling

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# Actress suing over nude pics

**Pakistani actress Veena Malik is suing an Indian men's magazine over 'doctored' nude photos**

Pakistani actress Veena Malik is suing a popular Indian men's magazine for millions of dollars, accusing it of publishing photos she says were doctored to make her appear nude, her lawyer said yesterday.

Malik's racy images in the December issue of FHM India has triggered a fury across her conservative Islamic country, with one cleric calling them a "shame for all Muslims."

The photo essay appears to make light of the military rivalry between India and Pakistan, nuclear-armed neighbours who have fought three wars.

In the cover photo, Malik is shown wearing no clothing, but with her arms and legs discreetly positioned to keep her covered. She has the letters ISI stencilled on her arm, representing Pakistan's powerful spy agency, the Inter-Services Intelligence agency.

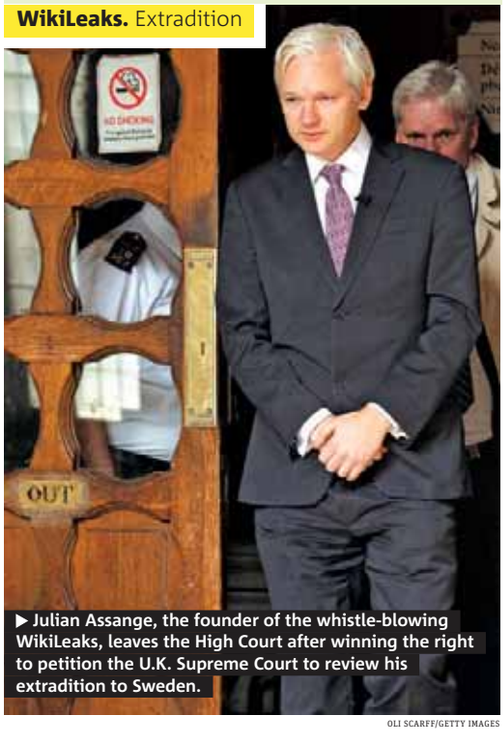
In a second photo, she is lying on a camouflage military helmet and in a third she is wearing what appears to be a green ammunition belt and pretending to pull the pin out of a grenade with her teeth. She appears to be topless in those images.

THE ASSOCIATED PRESS

AIJAZ RAH/THE ASSOCIATED PRESS

▶ A copy of FHM India featuring Pakistani actress Veena Malik on the cover.

**WikiLeaks.** Extradition




▶ Julian Assange, the founder of the whistle-blowing WikiLeaks, leaves the High Court after winning the right to petition the U.K. Supreme Court to review his extradition to Sweden.

OLI SCARFF/GETTY IMAGES

## Assange granted reprieve

**WikiLeaks founder Julian Assange was granted permission by judges yesterday to continue his legal battle to avoid extradition to Sweden over sex-crime allegations — but was warned that his chances of success are slim. The decision means Assange won't face immediate deportation, and is likely to spend a second Christmas living under curfew in England.**

## Transgender inmate appeals case dismissal

**70** **De'Lonta is serving more than 70 years for robbery, drugs and other charges.**

A transgender Virginia inmate has appealed the dismissal of her lawsuit asking the state to pay for her to have a sex-change operation, saying a jury should decide if hormones and other therapies she receives are adequate.

U.S. District Judge James Turk tossed out Ophelia De'Lonta's lawsuit in October, saying the state was adequately treating her gender-identity disorder, a mental diagnosis in which people believe they were born the wrong sex. Turk said courts have ruled that inmates are guaranteed only minimum care, not preferred therapies.

De'Lonta, who was born a man, claims her disorder causes her to attempt castration and that the surgery is necessary.

THE ASSOCIATED PRESS

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# Shell accused of lowballing report

## Environmental group claims oilsands company's latest expansion proposal uses out-of-date data

Newly filed documents say Shell Canada's environmental study of its proposed oilsands expansion should be rejected because it is woefully out of date and lowballs probable industrial development by a factor of 12.

A report to the Canadian Environmental Assessment Agency by the Oilsands Environmental Coalition points out that Shell's look at the cumulative effects of development in the region doesn't include anything proposed since 2007.

Since then, says the report, there have been 11 new projects proposed within the study area and more than a billion dollars has been spent acquiring oilsands leases.

"It strains credulity that more than $1 billion in lease sales ... will result in no reasonably foreseeable development of any kind," says the document.

The report, derived from industry and government figures, also accuses Shell of ignoring the extent of forestry as well as recent forest fires that have swept through the region.

While Shell maintains that only five per cent of the area around the Jackpine expansion is likely to be affected by development, the coalition maintains the real figure is closer to 60 per cent.

JEFF MCINTOSH/ THE CANADIAN PRESS FILE

A file picture of the Shell Albian Sands oilsands mine near Fort McMurray, Alta.

The discrepancy between overall industry plans and what individual companies list in regulatory filings threatens the ability of the public to make good decisions about the oilsands at a time when they are under increased scrutiny around the globe, Simon Dyer of the environmental think-tank Pembina Institute said yesterday.

"It's pretty black and white that this is not a credible assessment," said Dyer, whose group helped write the report.

THE ASSOCIATED PRESS

CRIME

## Teen pleads guilty over rape pics

A teenage boy who was charged with snapping photos during the rape of a 16-year-old girl near Vancouver has pleaded guilty.

The youth, who can't be named, was charged with making and distributing child pornography after what the RCMP described as a gang rape in Pitt Meadows in September 2010.

Crown spokesman Neil MacKenzie says the teen has pleaded guilty to making and distributing obscene material, rather than the child-pornography charges, and will be sentenced in the new year.

Mounties have said the girl was drugged and repeatedly raped during a rave on a rural property in Pitt Meadows.

THE CANADIAN PRESS

## Mexico's political gaffe

Politicians north of the border aren't the only ones struggling with gaffes.

Mexico's leading presidential contender, Enrique Pena Nieto, floundered for about four minutes when the audience at a book fair asked him to name three books that had influenced him. He was able to only correctly name "parts of" the Bible. THE ASSOCIATED PRESS

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# Income inequality rising: Report

## Economic growth doesn't trickle down to the poorest, OECD finds

Governments need to do more to address a growing gap between rich and poor in Canada and around the world by fostering more and better jobs and even considering raising taxes, a global economic think-tank says in a new report.

Among its findings, the Organization for Economic Co-operation and Development reported that the average income of the top 10 per cent of Canadian earners in 2008 was $103,500 — 10 times that of the bottom 10 per cent at $10,260.

The ratio for Canada in the early 1990s was about eight to one.

While the OECD study reaches only to 2008 — just as the recession kicked in around the globe — that kind of income inequality has been at the heart of the Occupy Wall Street protests across the U.S. and Canada.

The report found the gap between rich and poor in its member countries had reached the highest level in more than 30 years in 2008, with the average income of the richest 10 per cent now about nine times that of the poorest 10 per cent.

"Greater inequality does not foster social mobility," OECD secretary general Angel Gurria said in the release of the report.

THE CANADIAN PRESS

### Canada's record

- **Finance Minister Jim Flaherty defended the government's record on job creation.** "The OECD and the IMF say that Canada's economic growth, job creation will be the best going forward. That's how you address inequality," he told Parliament.
- **However, NDP Finance critic Peter Julian said the government was not doing enough.** "We have government that attacks the whole issue of economic policy in a one-dimensional frame, and that is cutting taxes for Canada's biggest companies," Julian said.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Finance Minister Jim Flaherty speaks during question period in the House of Commons in Ottawa yesterday.

## Canadian airline traffic up in November

Three of Canada's largest airlines reported strong passenger traffic in November.

Air Canada says system traffic was up three per cent from November 2010. WestJet reported its traffic increased 4.4 per cent year over year. Porter Airlines reported record November load factor of 65.9 per cent.

THE CANADIAN PRESS

## Manufacturers looking to hire next year

Half of Canadian manufacturers surveyed in a poll say they're looking to hire next year, but they expect to face trouble finding workers with the right expertise.

A third-quarter report by PwC says a flurry of activity in the Canadian mining, energy and aerospace industries is creating demand — but employers say there's a lack of skilled workers. THE CANADIAN PRESS

## RIM fires executives charged on flight

Two top BlackBerry executives who got so drunk on an Air Canada flight that it had to be diverted to Vancouver last week are no longer employed at Research In Motion, the company said yesterday. George Campbell and Paul Alexander Wilson have pleaded guilty to one charge of mischief. TORSTAR NEWS SERVICE

# RIM's image could suffer after incident

The head of Research In Motion's operations in Indonesia could face charges related to a stampede at a recent promotional sale where dozens of consumers were injured, another incident that could tarnish RIM's brand.

Canadian Andrew Cobham was among four suspects who is facing possible charges of negligence leading to injury, Jakarta police spokesman Col. Baharudin Djafar said yesterday.

The crime carries a maximum penalty of nine months in prison.

Dozens were injured and several people fainted at the Nov. 25 debut of RIM's BlackBerry Bold 9790 in Jakarta.

There were reports that 5,000 people attended, drawn by a 50 per cent discount to the first 1,000 shoppers.

Research In Motion said it sincerely regrets that some customers were injured and others experienced frustration and upset.

"RIM is actively co-operating with the authorities who are investigating this incident," RIM said in a statement.

Indonesia has experienced a tech frenzy in recent years, and RIM has benefited from the growth and the popularity of its BlackBerry Messenger service. With six million users, BlackBerry is more popular in Indonesia than smartphones from other makers.

THE CANADIAN PRESS

TATAN SYUFLANA/THE ASSOCIATED PRESS

▶ Indonesians rush to the lineup to buy the new BlackBerry Bold 9790 at a shopping mall in Jakarta last Friday.

## Market moment

PRICES AS OF 5 P.M. YESTERDAY

| TSX | Dollar |
|---|---|
| + 44.24 (12,119.33) | + 0.15¢ (98.35¢ US) |
| **Oil** | **Natural gas** |
| + 3¢ US ($100.99 US) | $3.46 US (- 12.3¢) |
| | **Gold** |
| | $1,734.50 US (- $16.80 US) |

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# Xbox rolls out new interface

Microsoft Corp. is rolling out a new interface for its Xbox game-console users — one that allows you to navigate through music, movies, TV shows and games with the wave of your hand or the sound of your voice.

The interface, first demonstrated by CEO Steve Ballmer in September, is set up similarly to Microsoft Corp.'s upcoming Windows 8 operating system with a series of large panes showing content options.

Xbox owners with the Kinect motion controller can swipe through screens by waving their hand in the air. It also responds to direct voice commands, and incorporates Microsoft's search engine, Bing. Windows phone users can control what to watch or hear by tapping on their portable devices.

**Online download**

- The interface will be available to Xbox users connected to the Internet via a download today.

Separate subscriptions are required for services like Netflix, and much of the content also requires being a gold member of Xbox Live, a connected Internet service that costs $60 a year.

Microsoft says there have been 57 million Xbox units sold around the world and there are more than 35 million users who have logged on to its Xbox Live service at least once in the last three months. It did not divulge how many Xbox Live users are paying gold members. THE ASSOCIATED PRESS

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**Postal.** Cutbacks

▶ U.S. Postal Service letter carrier Juan Padilla walks his delivery route yesterday in San Francisco.

JUSTIN SULLIVAN/GETTY IMAGES

## Sending the message

**The U.S. Postal Service is considering a plan to eliminate its first-class next-day delivery for stamped letters as well as closing half of its 487 mail-processing plants across the country in an effort to cut costs and avoid bankruptcy. The postal service made the announcement yesterday.**

# Facebook opening new unit in N.Y.C.

Facebook is hiring.

As potential investors wait to see if the 800-million-member social network will go public with a share offering in the second quarter of 2012, it continues to add to its workforce.

On Friday, Facebook chief operating officer Cheryl Sandberg announced at a New York City press conference that the company is opening an engineering division at its Madison Ave. offices.

According to a report from Fox News, Facebook currently has only 100 employees in Manhattan. THE ASSOCIATED PRESS

**Job openings**

- Yesterday morning, there were 277 job openings at Facebook offices around the world — including two marketing-related jobs at its lone Canadian outpost, above Toronto's Eglinton subway station.

# A CONSUMMATE DATER'S HOLIDAY GIFT GUIDE

## SHE SAYS ...

JESSICA NAPIER
METRO

We all know the holidays aren't really about the gifts; they're about togetherness and a little bit of gluttony. But, even though presents aren't mandatory, you still might want to indulge that special someone in your life. However, the last thing you want is to appear cheap or inappropriately extravagant in front of a new (or new-ish) beau.

And, sure, it really is the thought that counts — but you certainly don't want your new mate thinking, "Oh, you got me a new watch? Gee, I didn't think we were there yet."

Whether you're just getting to know each other, happily dating or settling down, the different stages in a relationship warrant various types of festive indulgences. If you're not sure on the proper present etiquette for your particular dating scenario, here are some appropriate gift ideas that will ensure your budding relationship lasts into the new year.

**Just met: Dating for less than a month**

You've been on a couple of dates and, hey, maybe this is going somewhere, but you're still not all that sure. You haven't even had "the talk" and now you're pressured into an awkward gift-giving situation. Don't panic. Avoid going over the top and stick with small tokens, edibles or the ultimate icebreaker — alcohol.

**"... chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances."**

**Brand new beaus: One to four months**

Ah, yes, new-relationship bliss; you're getting to know one another but haven't yet figured out each other's flaws. In the honeymoon phase, you'll be tempted to go all out on a gift, but it's probably still too soon to spoil your partner with something lavish. Show your new sweetheart you're smitten (without breaking the bank) with a sexy new scent or tickets to a show or sporting event.

**Getting serious: Four months to a year**

Now that you're settling down, you'll want to start making some memories together. Skip the tangible gifts and take your relationship on the road for a much-needed romantic getaway after all the meet-the-parents holiday stress.

**Committed coupledom: A year or more**

OK, now you can give in to your urges on those big-ticket items without feeling like maybe it's a bit too much. Go ahead and splurge on jewelry, electronics and other unrestrained gifts that say, "We're in a committed relationship."

**In it for the long haul: Married**

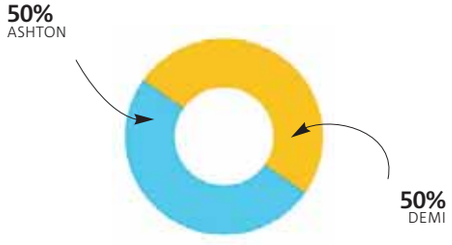
You don't need any help here — chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

**Who's the more eligible bachelor(ette), Ashton or Demi?**




## Local tweets

- **@buzzbishop:** I love that #yyc puts resources into apps. Would also like resources put into services so my children can walk to school. #ward6 #yyccc
- **@harpsinyyc:** Secondary Suites = Secondary Circus #yyccc #suiteyyc #yyc
- **@ShiloStorey:** Let the Warm weather begin #yyc let's get rid of some of this snow!
- **@CGY_Realtor:** With all this snow on the road where do we put our huge bins anyone?#yyc#yyccc
- **@slipcalgary:** Gotta love it when your new car has a kick ass crack right across the whole windshield. Love #yyc winters!
- **@chattersondrive:** When it snows and you're out shovelling, bank some good karma + clear your neighbours driveway or sidewalk #yyc #payitforward
- **@pamelamela_p:** Shoveling massive amounts of snow in #yyc yesterday = full body ache today #parentsputmetowork
- **@SirMaple:** I have been on the bus for about 12 blocks now and I have seen at least 20 cars with tickets on them. #snowrouteparkingban #yyc

QUIRKY CHINA NEWS/REX FEATURES

## Daily Zoom

# He has a nose for snakes

## Serpents invade man's orifices

**NANNING, CHINA.** This performance artist has certainly poked his nose into some slithery business. Liu Fei threads two snakes from both nostrils and out of his mouth at Nanning Zoo in Guangxi province, south China.

DLUOGS/FLICKR

Another artist, Liu Xin, performed a headstand on top of a nail.

METRO WORLD NEWS

### Snakeman Liu

- **Adept at handling snakes.** Liu Fei, 40, is nicknamed Snake King Asia.
- **Several snakes at once.** He can handle up to three three-foot-long cauliflower snakes.
- **During a TV show** Liu managed to let a foot-long snake crawl through his nose and mouth.

**9**

**Nine snakes in a human mouth is the Guinness World Record. It was set in Texas in 2003 by Jackie Biddy. He gathered the bunch of snakes by their rattles and put the tails into his mouth and held still for 10 seconds.**

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2 scene

# A real, honest comedy

**The Sitter director David Gordon Green talks about working with Jonah Hill on his latest comedy Says that Hill doesn't hold back what he's feeling and that makes for great laughs**

STEVE GOW
SCENE@METRONEWS.CA

Jonah Hill is an unlikely star. After rising to fame in Superbad and co-starring alongside Brad Pitt in the acclaimed drama Moneyball, the private actor is now taking charge in his own comedy The Sitter.

"What I love about him is he's real," said director David Gordon Green recently from Austin, Texas. "He doesn't hide his feelings. "He tells you what he thinks without a lot of fake smiles and it comes across as an actor too. It comes across in a vehicle like The Sitter as real funny."

Having made big-screen comedies like Pineapple Express and this year's Your Highness, Green knows funny. But the award-winning filmmaker also knows honesty.

After all, his career in cinema began with acclaimed dramas like All the Real Girls.

It's an interesting career twist for the director now behind this Friday's release about a terrible babysitter who takes his charges out on a wild night involving drugs, bar fights and exploding toilets.

▶ In The Sitter, Jonah Hill plays a terrible babysitter who takes his charges out on a night filled with drugs, bar fights and exploding toilets.

"I had exercised at the level of exhaustion a lot of my personal emotion in my movies so it got really heartbreaking because no one would go see them," said Green of his move into more mainstream comedy.

"I was just kind of looking at my career thinking I'm making stuff for myself and I'd like the experience of making stuff that people would go see," he said.

In fact, disappointing returns on Your Highness almost drove Green back to serious cinema.

That is, until the subversive script for The Sitter showed up.

"When I read The Sitter, I thought it had a lot of great honesty and dimension to a comedy and could bridge two interests of mine," said Green.

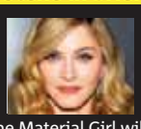
"It was also the first movie anyone asked me if I wanted to make. I'd never heard those words before."

## Jonah Lite

**The Sitter marks Jonah Hill's last film before he dramatically dropped over 30 pounds of weight.**

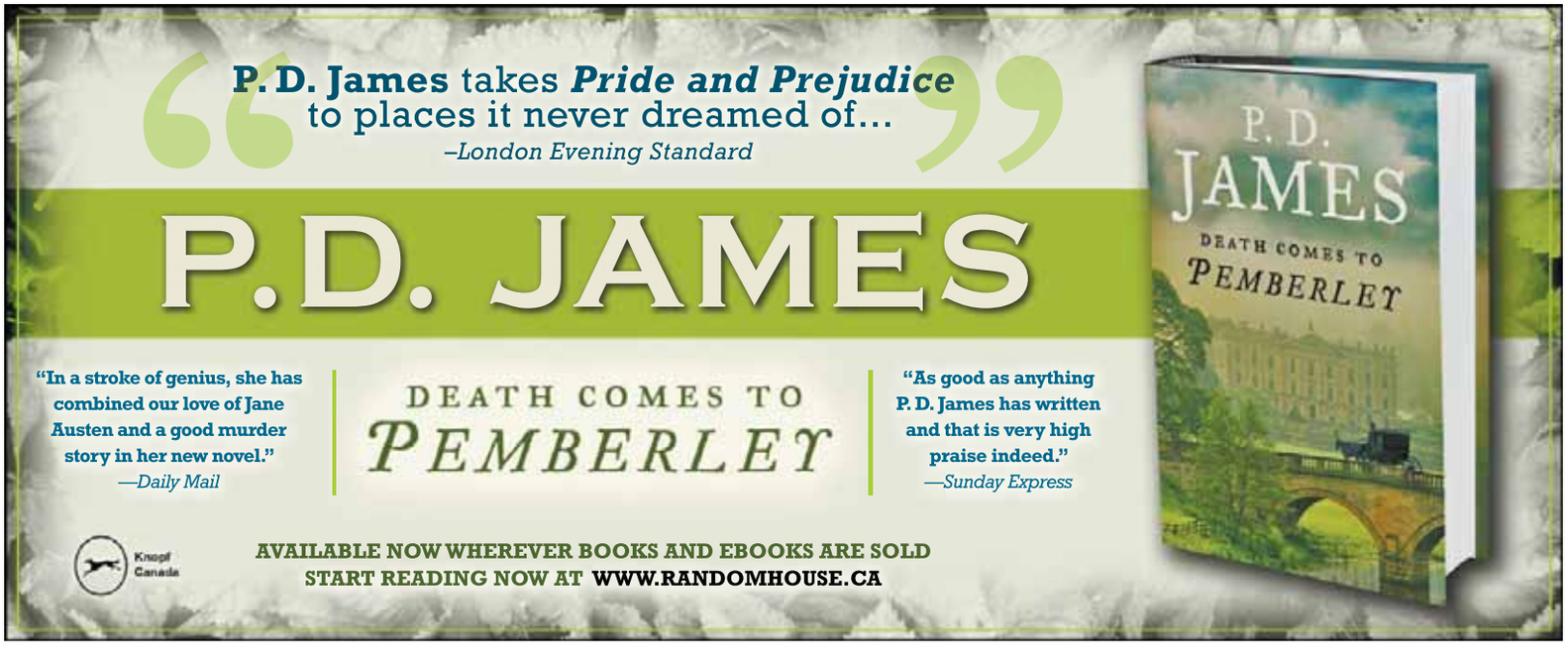
- "It's right toward the end of this movie that he started dieting and getting healthy," said Green. "It certainly became a really tremendous step for him to take and it's been cool to be a part of that transition."
- And Green has something to say to cynics who claim the weight loss will impact Hill's career. "It sucks that people don't give you the benefit of the doubt at first but its just something professionally – you're in the spotlight, you have to prove it to everybody."

## Scene in brief



The Material Girl will be taking the stage on football's biggest night. Madonna, who has sold more than 300 million records, will perform at halftime of the Super Bowl in Indianapolis. The NFL and NBC made the announcement Sunday.
THE ASSOCIATED PRESS

The Band Perry reflects on amazing year as they return to youth-themed American Country Awards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# Housewives more gloom than glamour?

## Report alleges Beverly Hills Housewife Kim Richards enters rehab

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

I always thought the "point" of the Real Housewives franchise was to show us, the common people, how glamorous and lovely it is being stinking rich.

But The Real Housewives of Beverly Hills just makes me grateful for my overdrawn MasterCard.

As you may remember, four months ago, cast member Taylor Armstrong's husband killed himself, reportedly over financial problems.

ALL PHOTOS GETTY IMAGES

▶ Kim Richards

Now, Entertainment Tonight is reporting that cast member Kim Richards is in rehab. In previous episodes of the show, Richards admitted to taking anti-anxiety and anti-depressant medications, as well as an anti-seizure medication that can be used to treat alcoholism (meaning: Richards isn't a person who just has one too many glasses of wine at dinner; she's probably hiding hooch around the house).

It's sad. Everything about this show is sad. And maybe everyone on this show would be happier and healthier if they stopped trying to impress the Joneses and downgraded their materialistic lives into something a little more manageable and normal. Sometimes you just have to blow dry your own hair and vacuum your own floors, you know?

# Beyoncé has got plenty of protection

Beyoncé isn't bothered by rumours that have circulated since she announced her pregnancy — including talk that she's been wearing a fake pregnancy stomach while a surrogate secretly carries her child.

Beyoncé

"You know, there are certain things that are so far, it doesn't even affect me," she tells Katie Couric in an interview.

"I'm cool. It doesn't bother me." However, the same can't be said for her family.

"My mom is like, 'Nobody's talking about my grandbaby! My grandbaby's not even here yet!'" Beyoncé says. "I was like 'Calm down, mom! It's OK!' My mom and sister are so protective."

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# Biel dug the belly

For Jessica Biel, pregnancy would be a blast — if her role in New Year's Eve is any indication.

In the ensemble romantic comedy, Biel plays an expectant mother, and playing with extra padding took a lot of pressure off the actress.

"It was so good! I had a (pregnant belly) suit on ... and I had the biggest boobs," the actress tells British talk show host Graham Norton.

"I ate whatever I wanted — it was great!"

METRO

## Celebrity tweets

@PSchwarzenegger

Meeting after meeting after meeting today. In desperate need of jacuzzi

@Colin_Hanks

The city of Hollywood has the sleaziest collection of car washes. Not all of the greater LA area mind you. Just the city itself.

@MissKellyO

ahhhh i hate some of the people in my building some a--hole just put my clothes in the dryer and ruined all my new clothes! i want to cry!

@CarrieFFisher

Tom Brokaw and I trying to reminisce about a sexual encounter we'd both forgotten.

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*From a writer of "The Office"...*

# Originals

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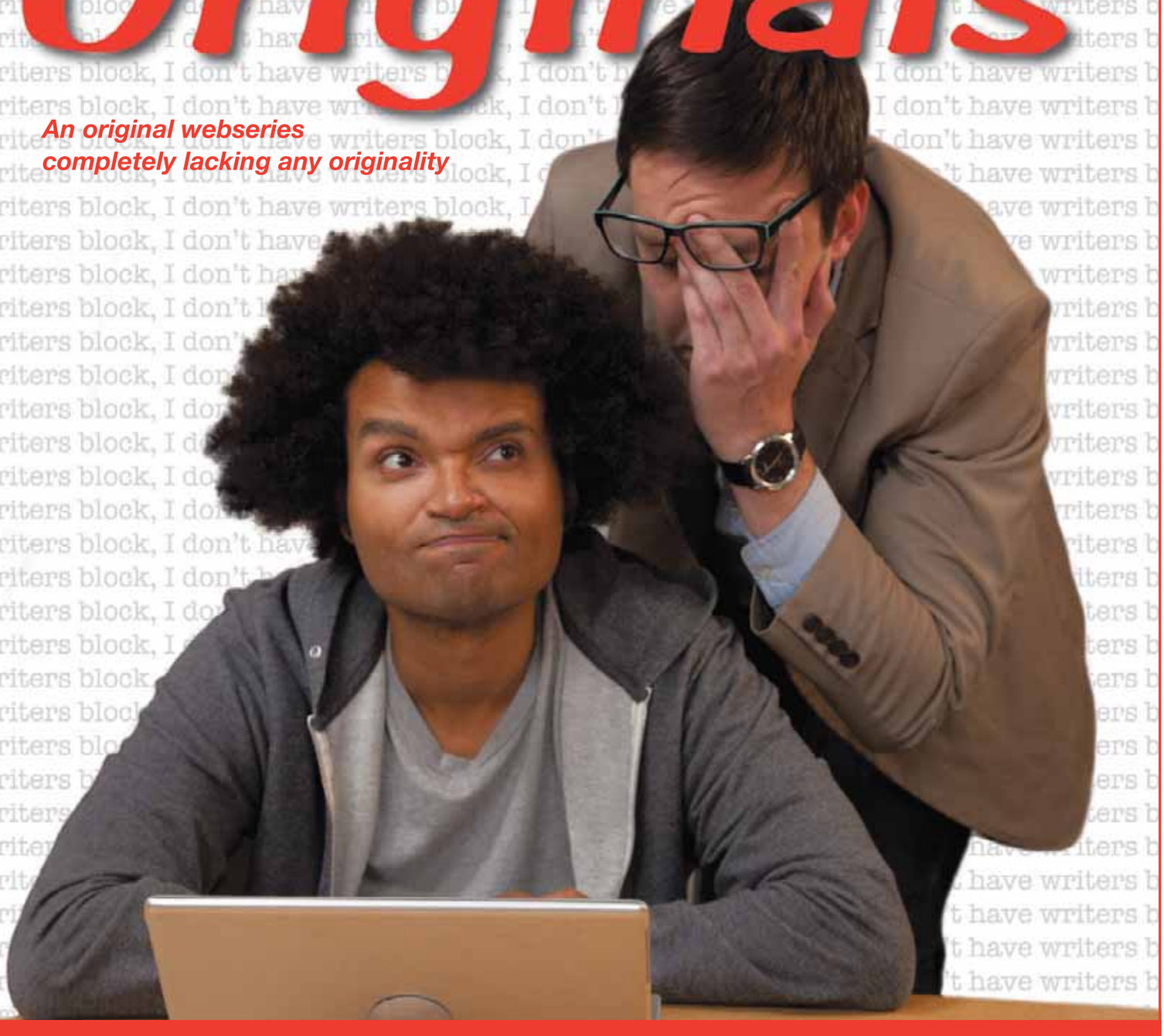
*completely lacking any originality*



***In today's episode... "What's the Deal?"***

*After the debacle that was their first attempt at shooting a pilot for their sitcom, Jason and Bryce get back on the horse again and Jason has a wardrobe malfunction almost as embarrassing as a certain half-time show.*

***New episodes post every Tuesday and Thursday. Watch at www.facebook.com/OriginalsTheSeries***

3 life

A new study shows

## Yaeba teeth: Cute or...?

Gap teeth are so last year; cosmetic dentists in Japan are now being flooded with requests for crooked teeth. Move over Lara Stone and let Kirsten Dunst take centre stage. Why did we bother spending our teenage years with metal braces digging into our gums if crooked was cool all along? METRO

Sleep pattern consistency key to conquering Sunday night insomnia

# Dig your own grave by shovelling snow

### Study shows once again danger associated with clearing the drive

CELIA MILNE
LIFE@METRONEWS.CA

Shovelling: It's not for the faint of heart.

When the next snow storm hits, think twice about grabbing that shovel to clear the walk.

Especially if you are male, inactive, have a weak heart, and smoke.

In a recent study, researchers at Queen's University in Kingston, Ont., looked back over the medical records of 500 people with heart problems who arrived in the winter-time at Kingston General Hospital (KGH) Emergency room.

The team found that 35 (seven per cent) of these patients had noticed their first symptoms while shovelling snow.

It may not sound like a huge percentage, but in medicine it is very significant, says Dr. Adrian Baranchuk, associate professor of medicine at Queen's University and a cardiologist at KGH, lead author of the study.

He guesses there are plenty more people who didn't mention they were shovelling snow when their symptoms started. Of the 35 who developed problems while shovelling, 31 were male.

**"The group at highest risk is men with family history of heart attacks."**
**DR. ADRIAN BARANCHUK**

"The group at highest risk is men with family history of heart attacks or cardiovascular disease," says Baranchuk.

"You're also in the highest-risk group if you have coronary artery disease and you smoke."

If you're a woman and you have no family history of coronary artery disease, you are at low risk, he adds.

An earlier Harvard University newsletter describes how problems develop.

Sudden physical exertion, such as shovelling, can put a big strain on the heart and make blood more likely to clot.

When a clot forms inside a coronary artery, it can block blood flow to part of the heart.

Deprived of their supply of oxygen and nutrients, heart muscle cells begin to shut down, and then die.

This is a heart attack by definition.

The Queen's University study was published in the journal Clinical Research in Cardiology.

ISTOCK PHOTOS

▶ Have you checked the risks? The season, it may be time to invest in that snowblower.

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# Fill your belly and get your retro fix, too

**Diner Deluxe bursts with a '50s type of vibe Try hearty dishes like potato pancakes & pulled pork hash**

DAN CLAPSON

▶ Yukon Gold Potato Pancake with Cilantro Sour Cream ($12.95).

## LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

Perhaps most popular for its weekend brunch, people often forget that this cute little diner can hit the spot for a weekday lunch, too.

Diner Deluxe has that retro, 1950s feel to it. It's a a place where bursting out in a spontaneous musical number from Grease would not be totally inappropriate.

Musical inclinations aside, I came by here for lunch while snowflakes were falling freely outside, so I was looking for something that could quickly warm me up.

I settled for Diner Deluxe's Yukon Gold Potato Pancake topped with cilantro sour cream and farmer's pork sausage ($12.95). The pancake was a huge crispy cake of potato goodness and the reliable freshness from the cilantro cut through the heaviness of the potatoes.

My lunch mate opted for the pulled pork hash ($14.95) topped with grainy mustard.

I mean, who wouldn't want some pulled pork served in an iron skillet on a snowy day?

Needless to say, we left blissfully full.

**Diner Deluxe**
**804 Edmonton Trail N.E.**
**403-276-5499**
**dinerdeluxe.com**
**Reservations: No**
**Licensed: Yes**
**Social lunch: Yes**
**Quick solo lunch: Yes**
**Co-worker lunch: Yes**
**Client negotiation: Yes**
**Price range: $7.95 - $14.95**
**Rating: 4 out of 5**

## Blueberry Mascarpone Semifreddo

THE CANADIAN PRESS/WILD BLUEBERRY ASSOCIATION

**Preparation:**

1. Cut vanilla bean in half; scrape out seeds. In saucepan, heat milk and vanilla seeds over medium heat until steaming.
2. In heatproof bowl, whisk egg yolks and sugar until creamy. Pour milk into egg mix, whisking until thickened. Let cool. In blender, purée 250 ml (1 cup) of the wild blueberries; set aside.
3. Using electric mixer, beat mascarpone until creamy and smooth. Beat in egg mix until combined and lightened. Fold in blueberry puree, remaining blueberries and chocolate. Pour into a small loaf pan lined with plastic wrap and freeze for 4 hours or until firm.
4. Turn loaf onto serving platter and remove plastic wrap. Cut in 2.5-cm (1-inch) slices and garnish with mint, pistachios, blueberries.

**Ingredients:**

- 1 vanilla bean
- 125 ml (1/2 cup) milk
- 3 egg yolks
- 75 ml (5 tbsp) granulated sugar
- 625 ml (2 1/2 cups) frozen blueberries
- 250 ml (1 cup) mascarpone
- 30 g (1 oz) bittersweet chocolate, chopped
- 10 ml (2 tsp) chopped shelled pistachios, frozen wild blueberries, mint leaves for garnish

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| Bangladesh from 3.9 ¢/min | Israel 1.9 ¢/min | South Korea 2.9 ¢/min |
| Bosnia 13.9 ¢/min | Italy 1.9 ¢/min | Sri Lanka 9.9 ¢/min |
| China 1.9 ¢/min | Lebanon 7.9 ¢/min | Trinidad 4.9 ¢/min |
| Colombia from 3.9 ¢/min | Mexico from 1.9 ¢/min | U.A.E. 14.9 ¢/min |
| Cuba 89.9 ¢/min | Pakistan 5.9 ¢/min | Ukraine 7.9 ¢/min |
| El Salvador 9.9 ¢/min | Philippines 11.9 ¢/min | U.K. 2.9 ¢/min |
| Germany 1.9 ¢/min | Poland 1.9 ¢/min | Vietnam 4.9 ¢/min |
| | Romania 1.9 ¢/min | Serbia 7.9 ¢/min |

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# FORGOT A BIG BIRTHDAY?

## CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

**What is the correct etiquette to acknowledge an important birthday you've forgotten while you are away and travelling?**

ISTOCK

▶ If you forgot someone's birthday, the best thing to do is just own up to your mistake.

Interestingly, today I'm in Amsterdam on business and it happens to be my dear friend Wendy's birthday. In a perfect world this problem is really easy to deal with, as you send a card and/or a present ahead of time to the person, perhaps with a warning on the outside of the envelope not to be opened before the birthday date.

Now lets leave the perfect world and go back to reality.

I may be the perfect butler and remind my employer every detail they need to know, however personally I've been more than once travelling and halfway around the world and realized it's Wendy's, Aunt Mary's or my best friend John's birthday today and I forgot. So what to do?

1. First, ideally call the person right away to acknowledge and apologise for your error. Acknowledging your error is more important than anything at that moment in time.

2. If you are unable to call, then send an email again, acknowledging your error and sending your best wishes.

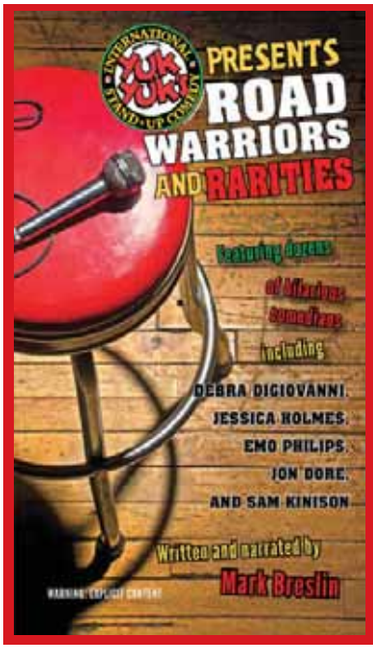
3. Consider bringing something back from where you are in the world. This will hopefully create a special memory.

4. Remember, if you make a promise (to take them out for dinner upon your return) this needs to be a priority as soon as you're home!

I lost a very dear friend once after forgetting her husband's birthday and not making it a priority to follow through with my promise of taking them out for dinner, and I've regretted this foolish error ever since.

5. Lastly, just be honest. We all live very busy lives and being able to acknowledge your error and following through is the right and best thing to do!

**HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.**

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# ANY GIFT IS GOOD AS LONG AS YOU TRIED

## TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

**Hi Claire & Andrea,**
**I just started dating this girl and I'm wondering what I should get her for Christmas, and how much is appropriate to spend on her, given that this is all pretty new. I'm a lawyer and money is not an issue, but I just don't want to scare her away with something too lavish or disappoint her with something too small.**
**Uncomfortable Santa**

**Andrea:** Dear Uncomfortable Santa,

In our family, it's not the holiday season unless someone's crying in the bathroom, or dodging a stale bread roll thrown from across the table.

It's the time of year when you can build lifelong memories with family and friends — why make it just about trinkets?

Women appreciate thoughtful gestures as much as pricey ones. How about a little treasure hunt that leads to a romantic dinner for two, followed by a game of throwing snowballs at Christmas carollers?

If you're really into her and vice versa, the memories will overshadow any price tag. Happy holidays!

**Claire:** Dear U.C.,

I have to admit, that is awkward. Tis the season when everything is supposed to be meaningful, but in your case, not so meaningful that you freak her out. It sounds as though your relationship is still fragile and new — one false move and your love turns to a lump of coal. I think planning interesting things to do together is a great idea.

But just in case she buys you something for Christmas, it never hurts to be prepared: you could buy her the movie adaptation of her favourite book or a copy of your favourite book; a CD she might like, or tickets to something you can do together.

Or, even the biggest, most fake batch of mistletoe you can find with a mega stick of lip balm? The choice is up to you. The main thing is that you tried.

**TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.**

# Creative people more likely to cheat: Study

Consider yourself creative? Then you're also more likely to cheat, according to a new study by Harvard University's Business School.

"In our research, we find that both a creative personality and being in a creative mindset help people resolve the conflict more easily and give into the temptation to cheat," says Francesca Gino, associate professor of business administration and co-author of the study.

"In fact, creativity allows people to come up with many good reasons why their unethical actions are not so bad after all — they rationalize them."

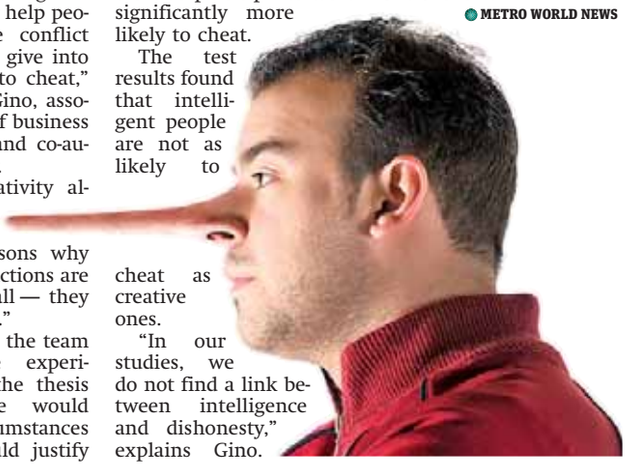
For the study, the team conducted five experiments to test the thesis creative people would cheat under circumstances where they could justify their bad behaviour. In the tests, they were offered cash for turning up, then given tasks in which they could be paid more if they cheated — and given the opportunity to cheat. The results showed that more creative participants were significantly more likely to cheat.

The test results found that intelligent people are not as likely to cheat as creative ones.

"In our studies, we do not find a link between intelligence and dishonesty," explains Gino. Solving moral conflicts seems to require creativity and "thinking outside the box."

"Intelligence seems helpful for other types of problem solving; but resolving this conflict is not one of them."

METRO WORLD NEWS



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

# TIME FOR SOME R'N'R

## REST, RELAXATION IMPORTANT FOR STUDENTS OVER HOLIDAYS

For students cramming to catch up on the fall semester and wanting to get a jump on the winter semester, the Christmas break can seem like the ideal time to hit the books — but experts say students should use the time to unwind or think long term.

Joanne Mills, a psychologist and the co-ordinator of counselling services at Halifax's Mount Saint Vincent University, says with heavy school loads and long hours working to pay for tuition, students can go years without taking a real rest.

"If at all possible, take the break. They need to charge up their batteries," she says.

"For motivation, it's important to miss school. If you don't take that break, you lose your eagerness and passion for learning."

If you can't take a total break, it's better to set down the books and just focus on your job than to study non-stop.

"But having fun and relaxing is probably the best-case scenario," Mills says.

Aleasha McCallion, manager of workplace learning at the University of British Colombia, agrees a break is important, and adds students can use the time to do some career planning. Think about what you would like to do for a summer job or internship, update your resumé and brush up on your interview skills.

Chad Camacho, a fourth-year history student at the University of Toronto, has tried it all on the winter break. He has studied hard, dropped the books and worked to earn money, and taken a proper vacation.

"I find that if I hit the books really hard right away, I tend to lose interest faster once the semester begins. Too much work over the holidays doesn't work for me," he says.

"You only get two weeks break anyway. I usually just take the time off to relax and spend time with my family."

It also forces Camacho to spend time with people working in the real world as a reminder of what lies beyond university.

*— Jon Tattrie*

## PRESTIGIOUS MARK FOR ATHABASCA

Joining an exclusive group of academic institutions across the country, Athabasca University has been granted accreditation for the Bachelor of Commerce Accounting Major program by the Certified Management Accountants of Canada (CMA Canada).

"CMA Canada's accreditation of the Bachelor of Commerce Accounting Major program not only affirms the calibre of this program, but also speaks to the growing recognition of quality online business courses and programs such as ours," says Dr. Alex Kondra, dean of the Faculty of Business at Athabasca University.

"This is another milestone in our productive and mutually beneficial partnership with CMA Canada."

This accreditation puts students on the fast track towards earning their CMA designation.

With this prestigious accreditation, students who graduate from the BComm Accounting program with a minimum average of 75 per cent won't have to write the CMA entrance exam.

These students will then be able to enter straight into the CMA's Strategic Leadership Program, the final step towards earning the CMA designation.

Only programs at academic institutions that provide complete coverage of the SMA Competency Map Entrance requirements are accredited by CMA Canada.

"Through the CMA accreditation process, we are increasing the pool of qualified graduates who are able to enter the CMA Strategic Leadership Program directly from academic institutions, thus helping achieve quality growth in the management accounting profession," says Joy Thomas, MBA, FCMA, C.Dir., president and CEO, CMA Canada.

For more about the BComm Accounting major, see athabascau.ca.

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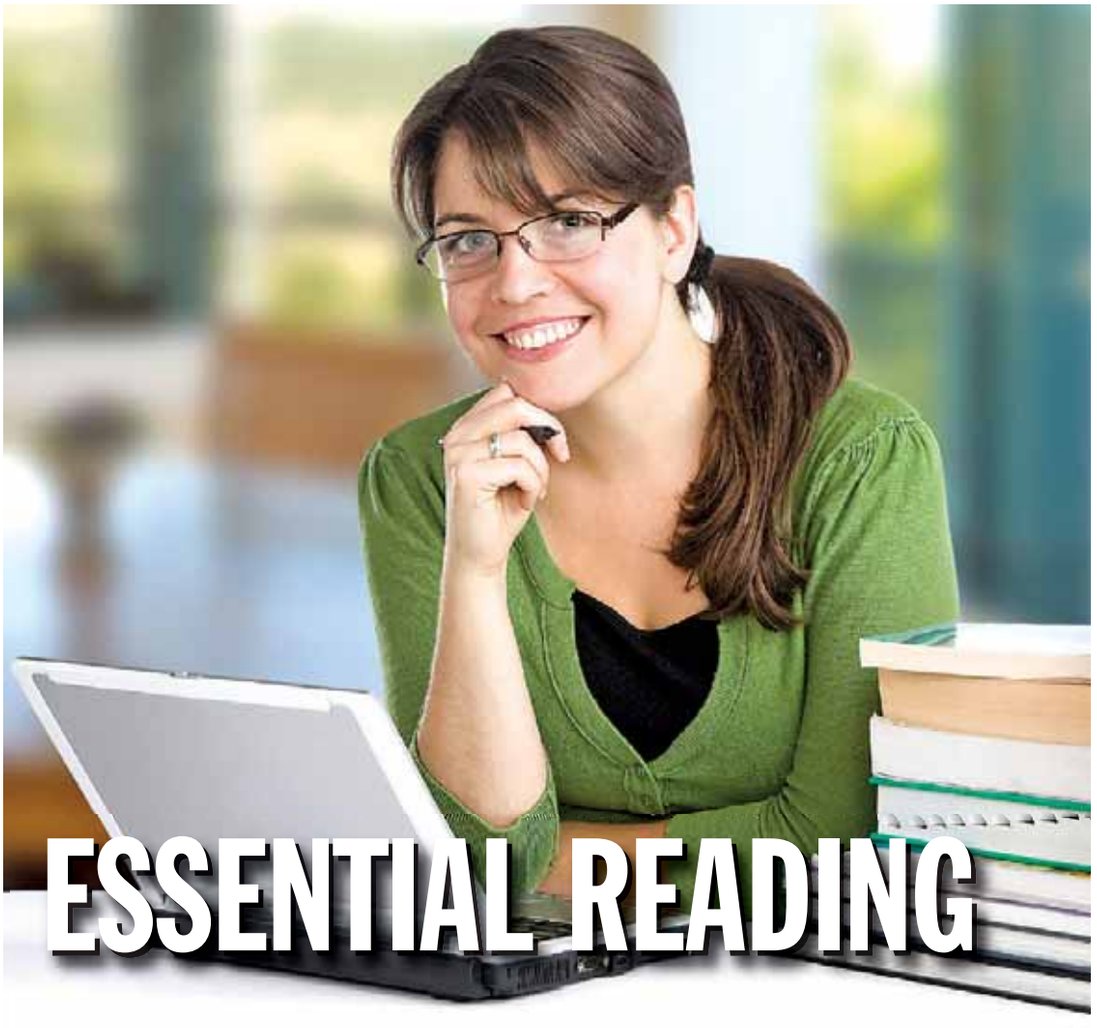


# ESSENTIAL READING

ISTOCKPHOTO/THINKSTOCK

## MRU STUDENTS WILL BENEFIT FROM NEW CUTTING-EDGE E-BOOK

Students of one Mount Royal University Continuing Education certificate will have a new cutting-edge electronic book to line their virtual shelves this winter.

The Child and Youth Human Rights Extension Certificate will be adding the new e-book, Children Matter: Exploring Child and Youth Human Rights Issues in Canada to its course.

"Its practical information makes this e-book essential reading for those working with children and youth of all ages, in family and community settings," says Dr. Ellen Murray, associate professor, Department of Child and Youth Studies, Faculty of Health and Community Studies at Mount Royal University and Children Matter e-book editor and chapter contributor.

"Studying these issues in Canada is an essential component of embedding human rights into the fabric of our nation."

The e-book focuses on the United Nations Convention on the Rights of the Child (CRC), an international treaty that accords all children and youth in the world special inherent rights and freedoms. "Children and youth are entitled to human rights — those things that allow us to live in dignity as human beings," says Murray.

Four courses make up the Child and Youth Human Rights Extension Certificate and all are covered in the new e-book.

Through the e-book, students will learn ways of using the CRC as an advocacy tool: Protection rights, involving society's responsibility to provide young people with protective care through legislation, services, and professional practices; provision rights, involving society's responsibility to provide young people with health care, as well as opportunities for education and play; and participation rights, involving society's responsibility to provide young people with opportunities for expressing opinions and taking active roles in their communities.

"This e-book is especially valuable to students who are committed to advocating for young people and their human rights," says Murray.

The e-book will be available at the MRU bookstore as of January 2012 and at mtroyal.ca/bookstore.

## MOUNT ROYAL OFFERS GIFT CERTIFICATES

For the person on your Christmas list who has everything, why not give them the gift of education.

Mount Royal University Continuing Education offers gift certificates for purchase towards the enrolment in one of its many Continuing Education offerings.

Gift certificates can be purchased in any amount and can be used towards registration fees on any of the courses available through Continuing Education.

Some new courses being offered include certificates in Social Media for Business and Petroleum Land Business.

This is also a perfect gift for the art lover in your life who may be looking to improve their skills in such areas as photography.

Also, these gift certificates can only be used towards an MRU Continuing Education course. Gift certificates can also be purchased for course supplies or textbooks through the bookstore.

To purchase a gift certificate for a person on your holiday shopping list, call 403-440-3833 or visit online at mtroyal.ca/conted/register.

Alia Azim Garcia

MOUNT ROYAL UNIVERSITY PHOTO

## APPLY HR PRACTICES

Learn how to deal with those bizarre workplace issues in a professional manner with the help of a new book commissioned by Mount Royal University.

You Did What?! addresses issues that human resource professionals are required to face on a regular basis.

"You Did What?! offers the reader a chance to apply the theory behind human resources practices," says Alia Azim Garcia, author of You Did What?! and instructor in the Human Resource Management Extension Certificate at MRU.

"It is designed to drive critical thinking skills by having the reader analyze each situation."

The scenarios in You Did What?! are divided into five different categories, including Addictions in the Workplace, Social Media, the Duty to Accommodate, Staffing, and Misconduct.

"It's true that truth is often stranger than fiction," says Garcia.

"While the scenarios in You Did What?! may seem unbelievable or exaggerated, the fact is that they are not embellished."

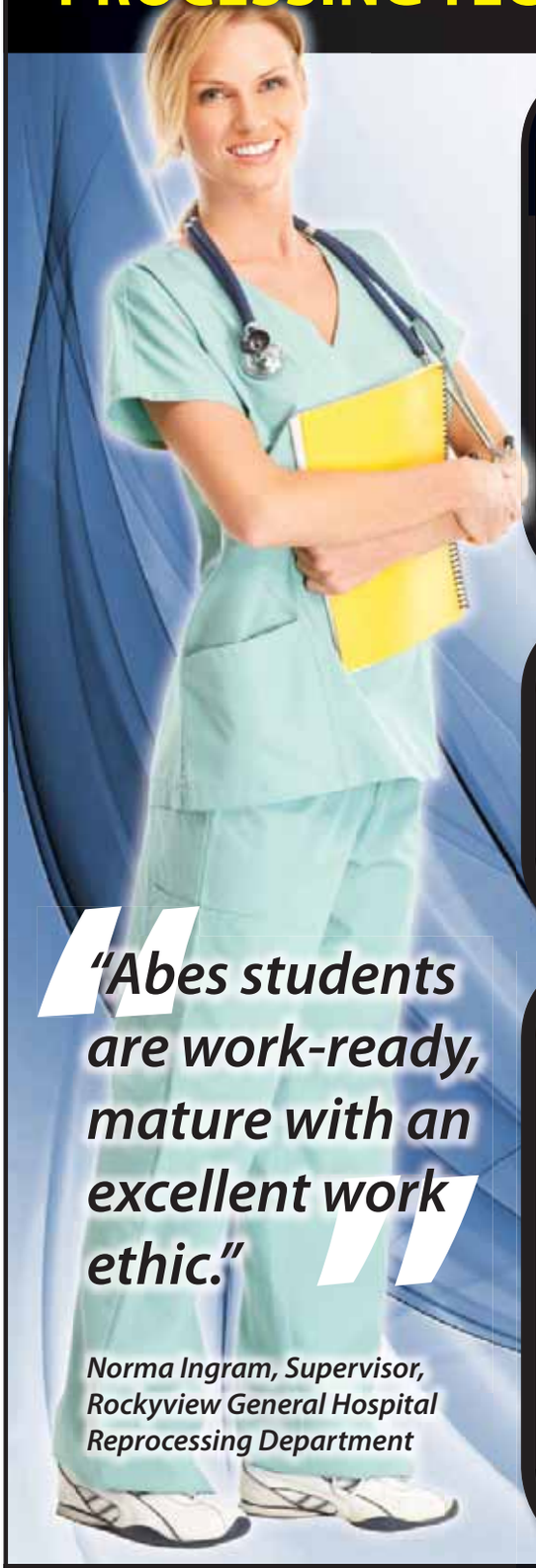
Some examples outlined in the book include a disgruntled laid-off employee who posted derogatory material about her company and managers on YouTube, and a manager faced with a male employee who starts coming to work dressed in women's clothing.

In each scenario, the book poses questions to work through the issues at hand.

"You Did What?! will drive you to perform research and to think critically in order to answer each question and then test the validity of your response," says Garcia.

Learn more about the book, and where to buy it, at youdidwhat.ca.

# BECOME A **MEDICAL LABORATORY ASSISTANT, UNIT CLERK/MEDICAL OFFICE ASSISTANT** OR **STERILE PROCESSING TECHNICIAN** IN AS LITTLE AS 19 WEEKS!



## MEDICAL LABORATORY ASSISTANT
## COMPLETED IN 19 WEEKS!

ABES Health in partnership with Calgary Laboratory Services. The MLA is an integral part of the Health Care Team in the laboratory and is trained in the collection of blood specimens from patients, the initial processing and preparation of specimens for analysis, data entry, clerical and reception services, performance of ECGs, and specified basic laboratory procedures. The demand for MLA's is increasing with the opening of the new south hospital. It is anticipated that all graduates will find employment. Funding is available for qualified applicants. Call ABES Now 403-232-8758.

Alberta Health Services | Calgary Laboratory Services | Abes

## UNIT CLERK/MEDICAL OFFICE ASSISTANT
## COMPLETED IN 26 WEEKS!

This dual certificate program will launch your health care career. In just 26 weeks this course will give you the knowledge, skills, practical experience and certification to work in hospitals, continued care facilities, health care clinics/ doctor's offices and many other health care related areas. All students will complete practicums in both a hospital setting as well as a medical clinic. Call ABES Now to apply 403-232-8758.

## STERILE PROCESSING TECHNICIAN PROGRAM FOR FOREIGN TRAINED MEDICAL PROFESSIONALS
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Alberta Business & Educational Services in partnership with Alberta Health Services and Alberta Employment & Immigration are pleased to announce the Sterile Processing Technician Program. Industry acclaimed curriculum, based on the Association for the Advancement of Medical Instrumentation (AAMI) Standards Association. International certification through the International Association of Healthcare Central Service Material Management (IAHCSMM).If you are a Foreign trained medical professional looking for a career in the Canadian health care system. Call ABES Now 403-232-8758.

Government of Alberta ■ Employment and Immigration | Abes | Alberta Health Services

***"Abes students are work-ready, mature with an excellent work ethic."***

***Norma Ingram, Supervisor, Rockyview General Hospital Reprocessing Department***

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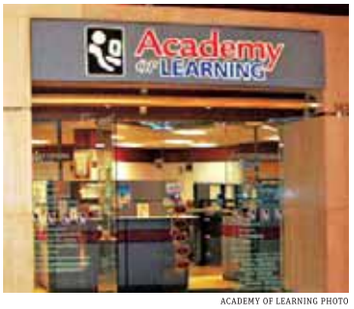
# QUALITY EDUCATION IN SHORT AMOUNT OF TIME

## AT THE ACADEMY OF LEARNING



ACADEMY OF LEARNING PHOTO

Give yourself the gift the knowledge this holiday season by signing up for a course through Academy of Learning.

The flexible schedule options and continuous enrolment make it the perfect gift for anyone looking for a quality education in a short amount of time.

"Our graduates are able to find jobs in the careers they dreamed about when they came to us, while the dream is still fresh," says Charles Jarvis, operations manager of Academy of Learning.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

It offers career training in the main areas of health care, office administration, accounting, IT and web design.

By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists.

"Our year-round intake and less-than-a-year diploma programs produces qualified, job-ready graduates to meet industry needs," says Jarvis.

Understanding the importance of getting back out in the workforce quickly, the Academy of Learning gives students the credentials, skills and expertise they need to find jobs in today's economy.

"Academy of Leaning's learning environment with our unique Integrated Learning System is both accommodating and effective, offering hands-on, self-paced learning," says Jarvis.

By keeping a finger on the pulse of what people want and what the labour market is looking for, Academy of Learning has the programs and courses to help you succeed in any market.

For more information, visit academyoflearning.com.

# VISIT NEW FACILITY AT ROBERTSON

ROBERTSON COLLEGE PHOTO

With an 80 per cent enrolment growth over the past year, Robertson College has made a growth on campus as well.

Robertson College is inviting the public to visit its new facility.

"We are excited about the renovations that just took place," says Keith Kristalovich, the campus director of the Calgary campus of Robertson College. "The added space has allowed us to continue offering attractive class sizes that allow students to maximize their one-on-one time with their instructor."

The new space was added to accommodate the school's extensive growth since its opening in 2004.

Robertson College has expanded to add a new Pharmacy Technician classroom and lab, an upgraded Health Care Aide training lab, extra classrooms, as well as a new administration area.

Not only did the school grow, but the menu of course offerings has also grown in 2011. The Calgary campus now offers 10 exciting programs with four new courses.

Some new courses added at the Calgary campus include Administrative Professional Bookkeeper, Accounting & Payroll Administrator, Medical Office Assistant, and Pharmacy Assistant — Retail.

These programs are offered during the day on campus and were designed to have students career-ready in less than a year.

"All of our programs are instructor led and our college is conveniently located in central Calgary," says Kristalovich.

Programs are offered year round and Robertson College is currently accepting applications for its ongoing program intakes.

For more information, visit start yourcareer.ca or call 403-920-0070.

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COLUMBIA COLLEGE PHOTO

# FREE ONLINE TRAINING AT COLUMBIA

Free is not a word most students hear often, but Columbia College is offering a free online training course.

Since anyone wishing to be employed as a security guard, loss prevention officer, bodyguard, in-house security personnel, dog patroller or alarm responder is now required to complete the new Alberta Basic Security Training (ABST) and pass a provincial exam, Columbia College has found a way to ease the financial stress of getting into these fields.

"We wanted to produce a high-quality educational product for free and that's exactly what we did," said Dr. J.T. (Tom) Snell, president of Columbia College.

"It certainly has got the results that are among the best in the industry."

The online training has been approved by the Alberta solicitor general.

Although the course is free, students will have to pay the $99 provincial exam fee.

Other institutions are charging up to $600 for this training, according to Columbia College.

For Gazmend Begaj, who was looking to work in the field of security while completing his two-year diploma in Criminal Justice at Columbia College, he was relieved to know this free training was available to him.

"It means I can start working in the field and get some real life experience," said Gazmend.

For more information about this training, or other courses available at Columbia College, visit columbia.ab.ca.

# FOOTHILLS DEDICATED TO HELPING STUDENTS

One Calgary school sees the importance of not only helping children succeed at school, but also in life.

Foothills Academy is dedicated to providing its students with the skills for life.

"Foothills Academy is not just a school, it is a tremendous community," says Kris Lenehan, program co-ordinator at Foothills Academy.

"Foothills is a mini-community, with a positive school atmosphere and a focus on student strengths."

Students at Foothills Academy are given the tools they need to succeed as they learn in a small, specialized teaching environment.

There, they are given the opportunity to receive intensive educational intervention to help them achieve in school.

Parents of Foothills Academy students will see a change in their child within a few weeks, according to Lenehan.

"Students who doubt their own abilities and intelligence develop confidence and competence," says Lenehan.

"They become the people they were meant to be and are able to achieve at a level they never thought was possible."

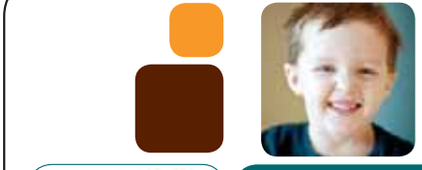
JETTA PRODUCTIONS/LIFESIZE/THINKSTOCK

Foothills Academy also works hard to promote personal development through a number of competitive and non-competitive activities and programs such as drama productions, athletic teams, intramurals, as well as a strong art program.

If you have a child who is between the ages of eight and 18, who is intellectually bright but struggling in school, Foothills Academy may be able to help.

Foothills Academy specializes in innovative programs for children with learning disabilities.

For more information about Foothills Academy, visit foothillsacademy.org.



All Children Can Soar
Renfrew offers a broad range of specialized programs and is an acknowledged leader in education for children with **special needs and their typically developing peers**.

Our individualized programs and services help all children succeed.

Program Registration
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# HEALTHY DEMAND

ALBERTA BUSINESS AND EDUCATION SERVICES PHOTO

## EMPLOYERS SEEK OUT WELL-PREPARED ABES STUDENTS

Get an education from a school that has your employment future in mind from the time you set foot in your first class.

Alberta Business and Educational Services (ABES) currently, and historically, achieves post-graduate employment rates in excess of 90 per cent, according to Mitchell McCormick, director, ABES.

"Our primary focus is ensuring that our graduates receive employment," says McCormick

"For that reason, we only train in areas where there is high industry demand for graduates and where industry is willing to form partnerships with us."

The hands-on skills the students receive at ABES is ideal for people looking for occupational training to get them employed.

"How the programs are delivered is also non-traditional in the sense that they are delivered in a very hands-on clinical format and all aimed at developing skills required for the workforce," says McCormick.

Because students are trained specifically for the needs of the health-care industry, they are in great demand with employers.

"It is my personal belief that these students are some of the best prepared students we have ever had in our MDR — not only are they clinically prepared to the absolute highest level, but they are also the most respectful that I have ever experienced," says Catherine Williamson, Edmonton Zone CSS Lead, AHS-Edmonton area.

ABES offers a Medical Laboratory Assistant (MLA) program, a Unit Clerk/Medical Office Assistant (UC/MOA) program, a Health Care Aide (HCA) program, and a Sterile Processing Technician (SPT) program.

The MLA and UC/MOA programs have three intakes per year, the SPT has two intakes per year and the HCA program has 10 intakes each year.

All programs are full time and are designed to have students out in the workforce as soon as possible.

The MLA program requires applicants to have a minimum typing speed of 15 words per minute, a clear background check and the physical capability to perform the duties of the job. The program is 19 weeks in length, with 14 weeks of classroom/practical and a five-week practicum in the industry.

For more information about these programs, visit abes.ca.

ALBERTA BUSINESS AND EDUCATION SERVICES PHOTO

ALBERTA BUSINESS AND EDUCATION SERVICES PHOTO

## BUILDING UNIQUE PARTNERSHIPS

The Alberta Business and Education Services (ABES) has developed a number of partnerships with organizations throughout the years, but one of its more unique partnerships is with Alberta Health Services (AHS).

With this unique partnership, ABES is able to provide students with industry knowledge straight from the source.

"We (hire) AHS staff to help develop the program curriculum and keep it current," says Mitch McCormick, director, ABES.

ABES also trains students on the same software that is used by industry partners, such as Sun Rise Clinibase and Millenium, to ensure students are up-to-date for when they hit the workforce.

ABES is also proud to be partnered with the government of Alberta Employment and Immigration, and Calgary Laboratory Service.

# HELPING KIDS SOAR

RENFREW EDUCATIONAL SERVICES PHOTO

## AT RENFREW

Renfrew Educational Services has welcomed children and families to its innovative educational programs for more than 30 years. Renfrew has five centres in the Calgary area where preschool and elementary programs accommodate more than 600 students.

Renfrew also offers a comprehensive range of community services to more than 4,000 students in other Calgary area schools, and shares its philosophy and expertise through a comprehensive range of professional development workshops.

Renfrew's Sundance Centre, conveniently located in southeast Calgary, just off Macleod Trail on Sunpark Drive S.E., is a modern, vibrant facility offering ECS (junior kindergarten and kindergarten) and grade 1, 2, 3 and 4 classes.

The Park Place Centre and Janice McTighe Centre are conveniently located near major transportation routes in northeast Calgary. Both locations offer ECS (junior kindergarten and kindergarten), and grades 1 through 6 are offered at the Janice McTighe Centre. The door-to-door busing service will be extended to the Airdrie area for the 2012-13 school year if there are sufficient registrations.

Renfrew has two centres in northwest Calgary: The Bowness Centre on 48 Avenue backing on Bowness Park, and the new location in the Child Development Centre at the University of Calgary, adjacent to the Alberta Children's Hospital.

# MIXING WORK & PLEASURE

## WITH FINE ART BARTENDING

STEVE MASON/PHOTODISC/THINKSTOCK

Have fun at work while making money.

Fine Art Bartending has been providing this opportunity to its students since 1973.

"We have set the standard of training in the industry, and bar managers and owners know what to expect when they hire our graduates," says Todd Koch, president of Fine Art Bartending.

"All of our training is hands-on behind real working bars."

By constantly updating its course to meet current bartending trends, Fine Art Bartending is able to provide students with the most up-to-date information in the bartending industry.

Once students complete the two-week course, they will receive their bartending certification.

"More importantly, they will have the confidence to apply for jobs knowing that they will be able to be great bartenders upon getting hired," says Koch.

Students also have the option to work a live shift behind the bar of one of the school's partner bars or clubs.

"This is an excellent opportunity for students to practise their skills by serving real customers," says Koch.

Fine Art Bartending also works with students to help them find work in the industry after graduation.

Graduates of the program are able to access the school's new job database, which lists jobs in the bartending industry across all the cities where Fine Art Bartending schools are located.

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# Re-gift it...you know you want to

## FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the past, re-gifting was socially shunned. But these days it's very common because re-gifting saves money and reduces waste.

Throw that Billy Blanks Tae Bo DVD in a used gift bag and give it to your second aunt who's trying to shave off a few pounds and get fit.

According to couponcabin.com, four out of 10 North Americans have re-gifted presents.

The most commonly re-gifted items are gift cards, duplicate items, and unwanted products.

If you're going to re-gift a present, there are parameters you should follow.

Remove your name from any tags or cards and don't give it back to the same person who gifted it to you.

Refrain from re-gifting personal hygiene products like nail clippers or razors.

Ensure the present is in its original wrapping and don't recirculate something that has been blatantly used.

Try to avoid re-gifting something super sentimental, especially if it's from someone close to you that could find out.

Re-gifting is typically a result of the gift-giver trying to stretch an already limited budget.

If your list of people to buy for keeps growing, coworkers, neighbours, teachers, stop!

Don't bother buying junk for people.

This is exactly how and why people go into debt over the holidays which sets them back financially for months.

Instead, write a personalized card or host a volunteer day at the food bank. Why not barter or trade for gifts?

Sell unwanted household items on Kijiji to generate some guilt-free holiday cash.

If you feel truly obliged to buy something, keep it small; less than $10.

Make a small donation on behalf of the person you have to buy for.

This is a meaningful and inexpensive way to show your generosity while spreading the holiday spirit.

Or bake treats or make ornaments that everyone can enjoy!

**"Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays, which sets them back financially for months. Instead, write a personalized card or host a volunteer day the the food bank."**

Re-gifting within certain parameters is a resourceful way to keep your budget in check.

FOR MORE OF LESLEY SCORGIE'S COLUMNS VISIT METRONEWS.CA

ISTOCK

▶ There are rules involved to giving presents a second life. Namely, don't re-gift something that leads to this sort of face.

# Give your card a l'il more credit

### Spending ain't all bad: Get more for your money (read: free stuff) with these simple credit card tips

Using your rewards credit card can have an immediate payoff, as 51 per cent of Canadians are likely to redeem points for everyday items such as groceries and cash, according to a recent RBC Rewards poll.

"We have seen that cash-back cards are rising in popularity with 30 per cent of Canadians now carrying this type of credit card in their wallet and finding more value than when they pay with cash," said Prashant Sharma, vice president of retail credit cards at RBC.

"Life can be demanding and some clients prefer a credit card that is simple to use. If you are looking to get more for your money, certain cards offer bonus rewards when you spend on everyday items like groceries."

Many budget-conscious consumers, mindful of rising food and energy prices in the current economy, are looking for options that provide cash to pay for more immediate needs.

Sharma offers the following tips to maximize your cash-back rewards credit card:

• **Focus on the bonuses:** Look for a cash back credit card that gives you more on everyday purchases, such as bonus offers and spending on everyday purchases, like groceries.

• **Simplify:** Consider a cash back card that automatically shows your earned credit on your monthly statement. It's an easier way to track your rewards.

• **Consolidate your spending in one place:** Spend smart rather than spending more. This will help you get more bang for your buck and allows you to manage your budget in one place.

• **Make it automatic:** You can also use your card to pay monthly expenses such as utilities, daycare, tuition, gym memberships and newspaper subscriptions, to get you even more cash back.

NEWS CANADA

**51%**

**Fifty-one per cent of Canadians are likely to redeem points for everyday items such as groceries and cash, according to a recent RBC Rewards poll.**

ISTOCK

▶ Believe it or not, this little piece of plastic can do a lot.

# Something fishy going on

## Formerly low-budget Marlins become big players at baseball's winter meetings

JIM MCISAAC/GETTY IMAGES

▶ Jose Reyes has signed a $106-million, six-year deal with the Miami Marlins.

Jeffrey Loria watched the news conference from the second row, beaming like a proud parent as Heath Bell talked about his new love for the Miami Marlins and reuniting with Jose Reyes.

Trying to make a quick getaway, the owner was surrounded by reporters in the corridor who wanted to know who else would be migrating to South Florida: Albert Pujols, C.J. Wilson, Mark Buehrle?

Instead of trading away their stars, the Marlins have become the biggest player in the off-season market, the riches from their new ballpark a free-agent attraction.

"I want our team to be important," Loria said Monday as the winter meetings opened. "It's an energy city, and I think that's one of the things that brings the players there. They see the energy."

Bell's $27-million US, three-year contract was finalized, giving the renamed Marlins an all-star closer. Reyes' $106-million, six-year deal is a satisfactory physical from conclusion.

Pujols, who already has toured the new ballpark, would join Hanley Ramirez, Mike Stanton and Logan Morrison in the batting order — if the three-time NL MVP is willing to leave the St. Louis Cardinals, the only major league team he's played for.

"One big hitter?" Loria said out loud, his 2003 World Series ring flashing from his hand. "Well, I don't know about that, but there's a possibility of another player or two we're looking at."

Morrison, among others, was wondering.

"Just out of surgery. Everything went well," he wrote on Twitter after a minor knee operation, adding: "Have we signed Pujols yet??"

On the mound, Wilson or Buehrle could be added to a rotation that includes Josh Johnson (if healthy), Ricky Nolasco, Anibal Sanchez and Chris Volstad. While the Marlins are being aggressive, traditional big spenders such as the New York Yankees and Boston Red Sox are moving cautiously, both with free agents and in the trade market.

**1.52M**

**The Marlins drew a major league-low 1.52 million fans to Sun Life Stadium, but hope to draw 2.5 million to three million at the new ballpark.**

"It's hey, take my older, expensive, over-the-hill guy for your young, better-performing guy," Yankees general manager Brian Cashman said. "Let me think about that and get back to you, buddy."

Not that he's acting any differently with opening day four months away.

"I'm sure my ideas are as distasteful as the ones that I've received," he said.

As the four-day swap session began, the first piece of formal business was the annual meeting of the Hall of Fame Veterans Committee, which elected late Chicago Cubs third baseman Ron Santo. He'll be inducted in Cooperstown on July 22, along with any players elected by members of the Baseball Writers' Association of America on Jan. 9.

Pujols and Prince Fielder are the big bats on the market, and it remains unclear whether Pujols is willing to leave the World Series champions, where he's joined Stan Musial as a franchise icon.

"I always use the word hopeful," Cardinals chairman Bill DeWitt Jr. said. "I think it's presumptive to say that I'm optimistic because we obviously have continuing discussions and have a good dialogue going." THE ASSOCIATED PRESS

# NHL OKs dramatic conference realignment

NHL officials approved a radical realignment plan yesterday that will give the league four conferences instead of six divisions and guarantee home-and-home series among all teams.

The board of governors authorized commissioner Gary Bettman to implement the proposal pending input with the NHLPA. It could be put in place as early as next season.

The league considered two plans to accommodate Atlanta's move to Winnipeg this past summer. The first would have simply moved the Jets to the Central Division and either Detroit or Columbus to the Southeast.

"The simple one wasn't as simple as it looked when you got done with it," Bettman said.

The board opted to go with creating four geographic conferences.

The new format will increase overall travel in the regular season, especially for Eastern teams who will now have more trips West. But it cuts down on travel for some Western Conference teams.

**"This is not a subject that everybody is going to get their first choice on."**
GARY BETTMAN

"What you try to do is come up with something that everybody can live with, get comfortable with and understands the value of. Because if you ask 30 clubs, you'd probably get 30 different solutions," Bettman said.

The new look has two conferences with seven teams all based in the Eastern time zone: New Jersey, Philadelphia, Pittsburgh, New York Rangers, New York Islanders, Washington and Carolina in one and Boston, Montreal, Toronto, Ottawa, Buffalo, Florida and Tampa Bay in the other.

The third conference consists of eight teams in the Eastern and Central time zones: Detroit, Columbus, Nashville, St. Louis, Chicago, Minnesota, Dallas and Winnipeg. The fourth conference has eight teams in the Mountain and Pacific time zones: Los Angeles, Anaheim, Phoenix, San Jose, Vancouver, Calgary, Edmonton, Colorado. THE ASSOCIATED PRESS

4 sports

**Flames preview**

**Carolina at Calgary**
**7 p.m.**
**TV: SNET**

Calgary (11-13-2) hosts the Hurricanes (8-16-4), who are winless in six games, including their first three under new head coach Kirk Muller. Eric Staal has shown flashes of his old self with four points in his last four games but only has five goals on the season, well off his usual pace. Carolina's biggest problems remain in the defensive end, where they rank last in the league in goals against with 94. THE CANADIAN PRESS

Scan code for more sports.

# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Pittsburgh | 28 | 16 | 8 | 2 | 2 | 86 | 69 | 36 | 8-2-2-0 | 8-6-0-2 | 5-4-1-0 | L1 |
| d-Boston | 25 | 17 | 7 | 0 | 1 | 88 | 52 | 35 | 10-5-0-1 | 7-2-0-0 | 9-0-0-1 | W4 |
| d-Florida | 27 | 15 | 8 | 1 | 3 | 78 | 69 | 34 | 6-2-1-3 | 9-6-0-0 | 6-3-1-0 | W2 |
| NY Rangers | 24 | 15 | 6 | 1 | 2 | 71 | 55 | 33 | 7-2-0-1 | 8-4-1-1 | 7-3-0-0 | L1 |
| Philadelphia | 25 | 15 | 7 | 2 | 1 | 90 | 73 | 33 | 6-4-1-1 | 9-3-1-0 | 7-3-0-0 | W2 |
| Toronto | 27 | 15 | 10 | 1 | 1 | 87 | 87 | 32 | 6-4-1-1 | 9-6-0-0 | 5-4-0-1 | W1 |
| Buffalo | 26 | 14 | 11 | 0 | 1 | 72 | 69 | 29 | 6-8-0-1 | 8-3-0-0 | 4-5-0-1 | W1 |
| Ottawa | 27 | 13 | 11 | 2 | 1 | 83 | 91 | 29 | 7-4-0-1 | 6-7-2-0 | 6-2-2-0 | W1 |
| Washington | 26 | 13 | 12 | 0 | 1 | 79 | 84 | 27 | 9-4-0-1 | 4-8-0-0 | 3-7-0-0 | L1 |
| Montreal | 27 | 11 | 11 | 2 | 3 | 67 | 69 | 27 | 4-5-2-2 | 7-6-0-1 | 3-4-2-1 | W1 |
| Winnipeg | 26 | 11 | 11 | 3 | 1 | 75 | 82 | 26 | 7-4-0-0 | 4-7-3-1 | 6-3-1-0 | W2 |
| New Jersey | 25 | 12 | 12 | 0 | 1 | 62 | 72 | 25 | 5-4-0-1 | 7-8-0-0 | 4-6-0-0 | L4 |
| Tampa Bay | 26 | 11 | 13 | 0 | 2 | 69 | 84 | 24 | 7-4-0-0 | 4-9-0-2 | 3-7-0-0 | L4 |
| NY Islanders | 24 | 8 | 11 | 3 | 2 | 52 | 78 | 21 | 5-6-2-0 | 3-5-1-2 | 4-4-1-1 | W1 |
| Carolina | 28 | 8 | 16 | 2 | 2 | 66 | 94 | 20 | 5-9-0-2 | 3-7-2-0 | 2-8-0-0 | L6 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| d-Minnesota | 27 | 17 | 7 | 2 | 1 | 69 | 60 | 37 | 10-4-1-0 | 7-3-1-1 | 9-1-0-0 | W4 |
| d-Chicago | 28 | 16 | 8 | 1 | 3 | 93 | 88 | 36 | 8-2-0-3 | 8-6-1-0 | 5-4-0-1 | L1 |
| d-Dallas | 26 | 15 | 10 | 0 | 1 | 69 | 72 | 31 | 9-4-0-1 | 6-6-0-0 | 4-5-0-1 | L1 |
| Detroit | 25 | 16 | 8 | 1 | 0 | 75 | 56 | 33 | 10-2-1-0 | 6-6-0-0 | 7-3-0-0 | L1 |
| Vancouver | 26 | 15 | 10 | 0 | 1 | 83 | 67 | 31 | 7-4-0-1 | 8-6-0-0 | 7-3-0-0 | W1 |
| St. Louis | 26 | 14 | 9 | 0 | 3 | 63 | 58 | 31 | 8-3-0-1 | 6-6-0-2 | 6-2-0-2 | L2 |
| Phoenix | 26 | 14 | 9 | 1 | 2 | 71 | 65 | 31 | 7-5-1-1 | 7-4-0-1 | 5-5-0-0 | W1 |
| Los Angeles | 26 | 13 | 9 | 2 | 2 | 60 | 58 | 30 | 8-7-0-1 | 5-2-2-1 | 6-3-1-0 | L1 |
| San Jose | 23 | 14 | 8 | 1 | 0 | 67 | 56 | 29 | 7-5-1-0 | 7-3-0-0 | 6-4-0-0 | L1 |
| Edmonton | 27 | 13 | 11 | 0 | 3 | 76 | 71 | 29 | 7-4-0-2 | 6-7-0-1 | 4-5-0-1 | L1 |
| Nashville | 26 | 12 | 10 | 3 | 1 | 68 | 71 | 28 | 4-4-2-1 | 8-6-1-0 | 4-5-1-0 | L1 |
| Colorado | 27 | 13 | 13 | 1 | 0 | 75 | 78 | 27 | 7-9-0-0 | 6-4-1-0 | 5-5-0-0 | W3 |
| Calgary | 26 | 11 | 13 | 1 | 1 | 60 | 72 | 24 | 5-5-1-1 | 6-8-0-0 | 4-5-0-1 | L1 |
| Anaheim | 26 | 7 | 14 | 2 | 3 | 60 | 87 | 19 | 5-9-1-0 | 2-5-1-3 | 1-7-1-1 | L2 |
| Columbus | 26 | 7 | 16 | 0 | 3 | 62 | 88 | 17 | 5-7-0-1 | 2-9-0-2 | 4-6-0-0 | L1 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**
Ottawa 4 Tampa Bay 2
Toronto 4 N.Y. Rangers 2
Boston 3 Pittsburgh 1
Florida 5 Washington 4
Phoenix 4 Chicago 3 (SO)
**Sunday's results**
Vancouver 5 Calgary 1
Colorado 4 Detroit 2
Minnesota 5 Anaheim 3
**Tonight's games**
**All Times Eastern**
New Jersey at Toronto, 7 p.m.
Tampa Bay at N.Y. Islanders, 7 p.m.
Columbus at Montreal, 7:30 p.m.
Detroit at St. Louis, 8 p.m.
Phoenix at Nashville, 8 p.m.
Boston at Winnipeg, 8:30 p.m.
Carolina at Calgary, 9 p.m.
Colorado at Vancouver, 10 p.m.
Los Angeles at Anaheim, 10 p.m.
Minnesota at San Jose, 10:30 p.m.
**Tomorrow's games**
Washington at Ottawa, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Carolina at Edmonton, 9:30 p.m.
**Thursday's games**
Florida at Boston, 7 p.m.
Ottawa at New Jersey, 7 p.m.
Chicago at N.Y. Islanders, 7 p.m.
Tampa Bay at N.Y. Rangers, 7 p.m.
Pittsburgh at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Phoenix at Detroit, 7:30 p.m.
Anaheim at St. Louis, 8 p.m.
Colorado at Calgary, 9 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.

## MAPLE LEAFS 4, RANGERS 2

**First Period**
1. Toronto, Franson 2 (Liles, Kessel) 6:01
**Penalties** — Rosehill Tor, Prust NYR (fighting) 2:05, Rosehill Tor (hooking) 11:21, Fedotenko NYR (hooking) 14:16, Callahan NYR (holding) 18:52.
**Second Period**
2. Toronto, Connolly 4 (Frattin) 5:12
3. Toronto, Lupul 13 (Bozak, Kessel) 6:49 (pp)
4. N.Y. Rangers, Anisimov 4 (Prust, Del Zotto) 13:00
5. N.Y. Rangers, Gaborik 13 (Stepan, Richards) 14:32 (pp)
**Penalties** — Anisimov NYR (hooking) 6:36, Steckel Tor (interference) 13:20, Bozak Tor (hooking) 14:12.
**Third Period**
6. Toronto, Steckel 5 (Schenn) 19:55 (en-sh)
**Penalties** — Bozak Tor (hooking) 10:23, Anisimov NYR (hooking) 17:11, MacArthur Tor (high-sticking) 18:30.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| Toronto | 12 | 10 | 8 | — 30 |
| N.Y. Rangers | 8 | 12 | 12 | — 32 |

**Goal** — Toronto: Gustavsson (W,9-5-0); N.Y. Rangers: Lundqvist (L,11-5-3).
**Power plays (goals-chances)** — Toronto: 1-4; N.Y. Rangers: 1-5.
**Attendance** — 18,200 (18,200) at New York.

## SENATORS 4, LIGHTNING 2

**First Period** — No Scoring.
**Penalties** — Connolly TB (elbowing) 2:41, Brewer TB (hooking) 10:31, Phillips Ott (tripping) 15:26.
**Second Period**
1. Tampa Bay, Gervais 2 (Stamkos, Bergeron) 13:52
2. Ottawa, Smith 7 (Cowen, Daugavins) 16:46
**Penalties** — Gonchar Ott (hooking) 1:25, Bergeron TB (tripping) 14:05.
**Third Period**
3. Tampa Bay, St. Louis 8 (Stamkos) 3:35
4. Ottawa, Alfredsson 6 (Spezza, Anderson) 8:58
5. Ottawa, Foligno 8 (Alfredsson, Winchester) 15:33
6. Ottawa, Smith 8 (Gonchar, Phillips) 16:19
**Penalty** — Smith Ott (high-sticking) 6:10.
**Shots on goal by**

| | | | | |
|---|---|---|---|---|
| Tampa Bay | 9 | 12 | 12 | — 33 |
| Ottawa | 14 | 5 | 12 | — 31 |

**Goal** — Tampa: Roloson (L,6-8-1); Ottawa: Anderson (W,12-8-2). **Power plays (goals-chances)** Tampa: 0-3; Ottawa: 0-3.
**Referees** — Mike Leggo, Brad Watson. **Linesmen** — Michel Cormier, Andy McElman.
**Attendance** — 18,742 (19,153) at Ottawa.

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Kessel, Tor | 16 | 16 | 32 |
| Giroux, Pha | 15 | 17 | 32 |
| Lupul, Tor | 12 | 18 | 30 |
| D.Sedin, Vcr | 9 | 21 | 30 |
| Toews, Chi | 15 | 14 | 29 |
| Nugent-Hopkins, Edm | 12 | 17 | 29 |
| Versteeg, Fla | 12 | 16 | 28 |
| Eberle, Edm | 10 | 18 | 28 |
| P.Kane, Chi | 7 | 21 | 28 |
| Stamkos, TB | 16 | 11 | 27 |
| Fleischmann, Fla | 12 | 15 | 27 |
| Vanek, Buf | 12 | 15 | 27 |
| Backstrom, Wash | 9 | 18 | 27 |
| Pominville, Buf | 9 | 18 | 27 |
| H.Sedin, Vcr | 8 | 19 | 27 |
| Sharp, Chi | 13 | 13 | 26 |
| Smyth, Edm | 12 | 14 | 26 |
| Ma.Hossa, Chi | 11 | 15 | 26 |
| Weiss, Fla | 9 | 17 | 26 |

**Not including last night's games**

# TRANSACTIONS

## MLB

### AMERICAN LEAGUE

**BALTIMORE**—Announced that LHP Pedro Viola has cleared waivers and was sent outright to Norfolk (IL). Announced INF Pedro Florimon was claimed off waivers by Minnesota.
**DETROIT**—Sent 1B Ryan Strieby outright to Toledo (IL).

### NATIONAL LEAGUE

**COLORADO**—Claimed OF Jamie Hoffman off waivers from the Los Angeles Dodgers.
**L.A. DODGERS**—Agreed to terms with INF-OF Jerry Hairston Jr. on a two-year contract.
**MIAMI**—Agreed to terms with RHP Heath Bell on a three-year contract.

## NHL

**MONTREAL**—Assigned F Andreas Engqvist to Hamilton.
**NEW JERSEY**—Recalled RW Nick Palmieri from Albany (AHL).

## MLS

**CHIVAS USA**—Agreed to terms with D Ante Jazic.
**COLORADO**—Re-signed MF Brian Mullan to a multi-year contract.
**NEW ENGLAND**—Re-signed MF Shalrie Joseph.
**NEW YORK**—Signed D Connor Lade.
**VANCOUVER**—Re-signed G Joe Cannon and MF John Thorrington.

# NFL

## WEEK 13

### AMERICAN CONFERENCE

**EAST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| New England | 9 | 3 | 0 | .750 | 362 | 247 |
| N.Y. Jets | 7 | 5 | 0 | .583 | 290 | 260 |
| Buffalo | 5 | 7 | 0 | .417 | 278 | 304 |
| Miami | 4 | 8 | 0 | .333 | 246 | 220 |

**SOUTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Houston | 9 | 3 | 0 | .750 | 310 | 189 |
| Tennessee | 7 | 5 | 0 | .583 | 249 | 229 |
| Jacksonville | 3 | 9 | 0 | .250 | 152 | 238 |
| Indianapolis | 0 | 12 | 0 | .000 | 174 | 358 |

**NORTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Baltimore | 9 | 3 | 0 | .750 | 296 | 192 |
| Pittsburgh | 9 | 3 | 0 | .750 | 268 | 195 |
| Cincinnati | 7 | 5 | 0 | .583 | 266 | 250 |
| Cleveland | 4 | 8 | 0 | .333 | 175 | 240 |

**WEST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Denver | 7 | 5 | 0 | .583 | 256 | 292 |
| Oakland | 7 | 5 | 0 | .583 | 274 | 308 |
| San Diego | 5 | 7 | 0 | .417 | 287 | 289 |
| Kansas City | 5 | 7 | 0 | .417 | 163 | 268 |

### NATIONAL CONFERENCE

**EAST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| Dallas | 7 | 5 | 0 | .583 | 283 | 244 |
| N.Y. Giants | 6 | 6 | 0 | .500 | 287 | 315 |
| Philadelphia | 4 | 8 | 0 | .333 | 271 | 282 |
| Washington | 4 | 8 | 0 | .333 | 202 | 256 |

**SOUTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| New Orleans | 9 | 3 | 0 | .750 | 393 | 269 |
| Atlanta | 7 | 5 | 0 | .583 | 269 | 244 |
| Carolina | 4 | 8 | 0 | .333 | 290 | 324 |
| Tampa Bay | 4 | 8 | 0 | .333 | 218 | 329 |

**NORTH**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-Green Bay | 12 | 0 | 0 | 1.000 | 420 | 262 |
| Detroit | 7 | 5 | 0 | .583 | 333 | 277 |
| Chicago | 7 | 5 | 0 | .583 | 291 | 242 |
| Minnesota | 2 | 10 | 0 | .167 | 246 | 330 |

**WEST**

| | W | L | T | Pct | PF | PA |
|---|---|---|---|---|---|---|
| y-San Francisco | 10 | 2 | 0 | .833 | 288 | 161 |
| Seattle | 5 | 7 | 0 | .417 | 216 | 246 |
| Arizona | 5 | 7 | 0 | .417 | 232 | 269 |
| St. Louis | 2 | 10 | 0 | .167 | 140 | 296 |

**y**-clinched division
**Last night's result**
San Diego 38 Jacksonville 14
**Sunday's results**
Kansas City 10 Chicago 3
Houston 17 Atlanta 10
Denver 35 Minnesota 32
Carolina 38 Tampa Bay 19
Pittsburgh 35 Cincinnati 7
N.Y. Jets 34 Washington 19
Miami 34 Oakland 14
Tennessee 23 Buffalo 17
New England 31 Indianapolis 24
Baltimore 24 Cleveland 10
San Francisco 26 St. Louis 0
Arizona 19 Dallas 13 (OT)
Green Bay 38 N.Y. Giants 35
New Orleans 31 Detroit 17
**Thursday's result**
Seattle 31 Philadelphia 14

# SOCCER

## ENGLAND

### PREMIER LEAGUE

| Team | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Manchester City | 14 | 12 | 2 | 0 | 48 | 13 | 38 |
| Manchester United | 14 | 10 | 3 | 1 | 31 | 13 | 33 |
| Tottenham | 13 | 10 | 1 | 2 | 29 | 16 | 31 |
| Chelsea | 14 | 9 | 1 | 4 | 31 | 17 | 28 |
| Arsenal | 14 | 8 | 2 | 4 | 30 | 23 | 26 |
| Newcastle | 14 | 7 | 5 | 2 | 19 | 15 | 26 |
| Liverpool | 14 | 6 | 5 | 3 | 17 | 13 | 23 |
| Stoke | 14 | 5 | 3 | 6 | 14 | 23 | 18 |
| Aston Villa | 14 | 3 | 7 | 4 | 16 | 18 | 16 |
| Everton | 13 | 5 | 1 | 7 | 15 | 17 | 16 |
| Norwich | 14 | 4 | 4 | 6 | 20 | 26 | 16 |
| QPR | 14 | 4 | 4 | 6 | 15 | 25 | 16 |
| Fulham | 14 | 3 | 6 | 5 | 16 | 16 | 15 |
| West Brom | 14 | 4 | 3 | 7 | 13 | 21 | 15 |
| Swansea | 14 | 3 | 5 | 6 | 14 | 20 | 14 |
| Wolverhampton | 14 | 4 | 2 | 8 | 15 | 24 | 14 |
| Sunderland | 14 | 2 | 5 | 7 | 16 | 17 | 11 |
| Blackburn | 14 | 2 | 4 | 8 | 21 | 32 | 10 |
| Bolton | 14 | 3 | 0 | 11 | 19 | 34 | 9 |
| Wigan | 14 | 2 | 3 | 9 | 12 | 28 | 9 |

**Yesterday's result**
Fulham 1 Liverpool 0

## ITALY

### SERIE A

| Team | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Juventus | 13 | 8 | 5 | 0 | 24 | 10 | 29 |
| AC Milan | 13 | 8 | 3 | 2 | 29 | 14 | 27 |
| Udinese | 13 | 8 | 3 | 2 | 16 | 6 | 27 |
| Lazio | 13 | 7 | 4 | 2 | 19 | 9 | 25 |
| Napoli | 13 | 5 | 5 | 3 | 21 | 13 | 20 |
| Palermo | 13 | 6 | 2 | 5 | 16 | 15 | 20 |
| Cagliari | 13 | 4 | 5 | 4 | 12 | 13 | 17 |
| Roma | 13 | 5 | 2 | 6 | 15 | 17 | 17 |
| Catania | 13 | 4 | 5 | 4 | 14 | 19 | 17 |
| Fiorentina | 13 | 4 | 5 | 4 | 13 | 11 | 16 |
| Parma | 13 | 5 | 1 | 7 | 15 | 20 | 16 |
| Chievo Verona | 13 | 4 | 4 | 5 | 10 | 16 | 16 |
| x-Atalanta | 13 | 5 | 6 | 2 | 16 | 15 | 15 |
| Genoa | 12 | 4 | 3 | 5 | 14 | 16 | 15 |
| Siena | 13 | 3 | 5 | 5 | 14 | 12 | 14 |
| Inter Milan | 12 | 4 | 2 | 6 | 14 | 18 | 14 |
| Bologna | 13 | 4 | 2 | 7 | 11 | 18 | 14 |
| Novara | 13 | 2 | 4 | 7 | 13 | 24 | 10 |
| Cesena | 13 | 2 | 3 | 8 | 6 | 15 | 9 |
| Lecce | 13 | 2 | 2 | 9 | 11 | 23 | 8 |

**x**-penalized six points in betting scandal
**Yesterday's result**
Lazio 3 Novara 0

## SPAIN

### LA LIGA

| Team | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Real Madrid | 14 | 12 | 1 | 1 | 49 | 10 | 37 |
| Barcelona | 15 | 10 | 4 | 1 | 47 | 7 | 34 |
| Valencia | 14 | 9 | 3 | 2 | 23 | 14 | 30 |
| Levante | 14 | 8 | 2 | 4 | 23 | 17 | 26 |
| Sevilla | 14 | 6 | 6 | 2 | 16 | 10 | 24 |
| Malaga | 14 | 7 | 2 | 5 | 19 | 19 | 23 |
| Osasuna | 14 | 5 | 6 | 3 | 18 | 26 | 21 |
| Atletico Madrid | 14 | 5 | 4 | 5 | 21 | 21 | 19 |
| Athletic Bilbao | 14 | 4 | 6 | 4 | 20 | 17 | 18 |
| Espanyol | 14 | 5 | 2 | 7 | 11 | 17 | 17 |
| Rayo Vallecano | 15 | 4 | 4 | 7 | 16 | 22 | 16 |
| Granada | 13 | 4 | 3 | 6 | 6 | 12 | 15 |
| Real Sociedad | 14 | 4 | 3 | 7 | 15 | 22 | 15 |
| Mallorca | 13 | 3 | 5 | 5 | 11 | 18 | 14 |
| Villarreal | 14 | 3 | 5 | 6 | 11 | 20 | 14 |
| Getafe | 14 | 3 | 4 | 7 | 14 | 22 | 13 |
| Real Betis | 14 | 4 | 1 | 9 | 13 | 21 | 13 |
| Racing Santander | 14 | 2 | 6 | 6 | 10 | 20 | 12 |
| Sporting Gijon | 14 | 3 | 3 | 8 | 12 | 24 | 12 |
| Zaragoza | 14 | 2 | 4 | 8 | 12 | 28 | 10 |

**Yesterday's result**
Sevilla 3 Getafe 0
**Tomorrow's game**
Mallorca at Granada (completion of abandoned game from round 12)

## EUROPEAN CHAMPIONS LEAGUE

**FIRST ROUND**
**All Times Eastern**
**Group E**
**Today's games**
Chelsea vs. Valencia, 2:45 p.m.
Genk vs. Bayer Leverkusen, 2:45 p.m.
**Group F**
**Today's games**
Olympiakos vs. Arsenal, 2:45 p.m.
Borussia Dortmund vs. Marseille, 2:45 p.m.
**Group G**
**Today's games**
Porto vs. Zenit St. Petersburg, 2:45 p.m.
APOEL vs. Shakhtar Donetsk, 2:45 p.m.
**Group H**
**Today's games**
Barcelona vs. BATE Borisov, 2:45 p.m.
Viktoria Plzen vs. AC Milan, 2:45 p.m.

# GOLF

## PGA QUALIFYING

**At La Quinta, Calif.**
**Par 72**
**Final Round**
**Earned PGA Tour exemptions for 2012**

| | |
|---|---|
| Brendon Todd, $50,000 | 71-68-69-71-68-68—415 |
| Stephen Gangluff, $40,000 | 72-72-64-71-67-70—416 |
| Bobby Gates, $32,500 | 67-70-68-73-73-66—417 |
| Seung-yul Noh, $32,500 | 69-72-64-72-73-67—417 |
| Tommy Biershenk, $25,833 | 70-70-68-73-69-68—418 |
| Jarrod Lyle, $25,833 | 68-72-68-73-68-69—418 |
| Vaughn Taylor, $25,833 | 65-72-69-73-70-69—418 |
| Marco Dawson, $25,000 | 73-68-67-67-68-76—419 |
| Bob Estes, $25,000 | 67-73-69-74-69-67—419 |
| Brian Harman, $25,000 | 69-71-67-74-68-70—419 |
| Sang-Moon Bae, $25,000 | 65-76-69-75-69-66—420 |
| Kevin Kisner, $25,000 | 67-71-71-75-69-67—420 |
| Charlie Beljan, $25,000 | 70-73-66-73-68-71—421 |
| Roberto Castro, $25,000 | 71-71-68-72-70-69—421 |
| Harris English, $25,000 | 68-67-72-70-70-74—421 |
| Jeff Maggert, $25,000 | 66-72-72-75-66-70—421 |
| William McGirt, $25,000 | 65-73-70-73-71-69—421 |
| Will Claxton, $25,000 | 64-70-69-70-76-73—422 |
| Scott Dunlap, $25,000 | 70-72-71-70-71-68—422 |
| Edward Loar, $25,000 | 67-73-73-70-67-72—422 |
| Greg Owen, $25,000 | 70-73-73-69-70-67—422 |
| Patrick Sheehan, $25,000 | 73-75-70-71-66-67—422 |
| Daniel Summerhays, $25,000 | 64-73-72-74-68-71—422 |
| Mark Anderson, $25,000 | 66-72-74-72-70-69—423 |
| Richard H. Lee, $25,000 | 72-74-66-78-65-68—423 |
| Alexandre Rocha, $25,000 | 67-70-75-70-69-72—423 |
| Nathan Green, $25,000 | 74-74-67-70-73-66—424 |
| John Huh, $25,000 | 72-76-65-74-69-68—424 |
| Colt Knost, $25,000 | 69-72-71-72-68-72—424 |
| **Failed To Earn Card** | |
| Derek Fathauer, $5,000 | 69-72-71-73-67-73—425 |
| Erik Flores, $5,000 | 69-75-70-76-67-68—425 |
| Jason Gore, $5,000 | 73-74-69-73-69-67—425 |
| Jim Herman, $5,000 | 75-70-68-76-69-67—425 |
| Kent Jones, $5,000 | 68-72-68-76-71-70—425 |
| Scott Parel, $5,000 | 71-72-71-70-67-74—425 |
| Tag Ridings, $5,000 | 68-73-69-74-70-71—425 |
| **Ryan Yip, $5,000** | **68-78-70-67-73-69—425** |
| **Brad Fritsch, $5,000** | **72-67-69-78-71-69—426** |
| **Stuart Anderson, $5,000** | **70-70-71-73-73-71—428** |
| **Adam Hadwin** | **70-69-70-76-75-73—433** |
| **James Love** | **68-74-74-77-71-72—436** |
| **Richard T. Lee** | **76-78-70-75-77-68—444** |
| **Mitchell Gillis** | **75-73-75-77-72-77—449** |

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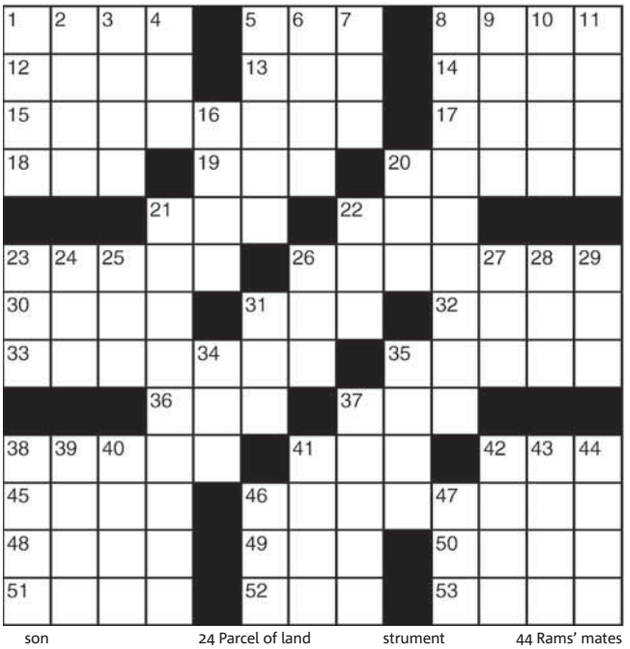
## Crossword



**Across**

1 Weak, as an excuse
5 Thickness
8 Amble
12 Wicked
13 Tall tale
14 Press
15 "The Glass Menagerie" playwright
17 Building block name
18 Old insecticide
19 Conk out
20 Explosion
21 Moist
22 Luau bowlful
23 Lisa Marie's dad
26 Former
30 Work hard
31 Small barrel
32 Stare
33 Pursued obsessively
35 Knee counterpart
36 Salary
37 Dinner for Dobbin
38 "Hammerin' Hank" Aaron
41 Neither mate
42 That woman
45 Huff and puff
46 Sudden violent wind
48 Facility
49 High card
50 Flame
51 Rip
52 Firmament
53 Rock band's accessories

**Down**

1 Lascivious
2 Eager, plus
3 Vibraphonist Jackson
4 Right angle
5 Braid
6 Citrus fruit
7 "Certainly"
8 As a volunteer would
9 Vicinity
10 Yule fuel
11 Entanglement
16 Mid-month date
20 Greet the villain
21 Energetic determination
22 Boxer
23 Type squares
24 Parcel of land
25 By way of
26 Proof letters
27 Apply lightly
28 Kind of dye
29 Kitten's remark
31 Crucial
34 Neb. neighbor
35 British noble
37 Like Swiss cheese
38 Help a hood
39 Wings
40 Parks or Bonheur
41 Shaving mishap
42 Take to the pool
43 Angel's instrument
44 Rams' mates
46 Existed
47 "— picture paints a thousand words ..."

**Yesterday's answer**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| C | A | D | | | B | O | W | | M | A | J | A |
| A | L | O | T | | A | I | R | | I | C | O | N |
| V | I | E | W | | A | L | E | | D | E | N | T |
| E | A | S | E | L | | Y | A | R | N | | | |
| | | | L | E | G | | K | N | I | F | E | D |
| T | R | I | V | I | A | L | | A | G | I | L | E |
| E | A | S | E | | P | A | S | | H | A | U | L |
| A | N | N | O | Y | | S | E | A | T | T | L | E |
| S | I | T | C | O | M | | A | S | H | | | |
| | | | L | U | A | U | | K | O | O | K | Y |
| M | E | M | O | | M | P | G | | U | V | E | A |
| B | L | O | C | | B | O | A | | R | I | N | K |
| A | M | O | K | | O | N | S | | | D | O | S |

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

## Today's horoscope

♈ **Aries** March 21-April 20 Make sure you act logically and have a rational reason for everything you do.

♉ **Taurus** April 21-May 21 By all means go off by yourself today and let the rest of the world take care of itself.

♊ **Gemini** May 22-June 21 You will see and understand things today that others have overlooked.

♋ **Cancer** June 22-July 22 You will see or hear something to your advantage today.

♌ **Leo** July 23-Aug.23 You will be in a questioning frame of mind today.

♍ **Virgo** Aug. 24- Sept. 22 Don't give up on something just because it is boring or does not seem to be working out the way you had hoped.

♎ **Libra** Sept. 23-Oct. 23 If you stick your nose in someone else's business today you will regret it.

♏ **Scorpio** Oct. 24-Nov. 22 Find ways to persuade those you live and work with to shoulder more of the everyday burden.

♐ **Sagittarius** Nov. 23-Dec. 21 You set such high standards that there are bound to be times when you cannot live up to them.

♑ **Capricorn** Dec. 22-Jan. 20 Information that comes your way over the next 24 hours will cause you to doubt what you were previously told by friends or work colleagues.

♒ **Aquarius** Jan. 21-Feb. 18 You need to get your message across and the best way to do that is to be forceful without being aggressive.

♓ **Pisces** Feb. 19-March 20. Financially and professionally you'll go far today, but don't go too far and promise things you may not be able to deliver. SALLY BROMPTON

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 2 | | | | | 4 | 8 |
| | 7 | 8 | | 5 | 2 | | | |
| 1 | | | 9 | | | | | |
| 3 | | 7 | 6 | | 9 | | | |
| | 5 | | | | | | 3 | |
| | | | 1 | | 5 | 6 | | 7 |
| | | | | | 4 | | | 3 |
| | | | 7 | 9 | | 2 | 1 | |
| 6 | 8 | | | | | 5 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

**Yesterday's answer**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 1 | 5 | 4 | 9 | 6 | 8 | 7 |
| 4 | 5 | 7 | 8 | 3 | 6 | 2 | 9 | 1 |
| 6 | 8 | 9 | 1 | 2 | 7 | 3 | 5 | 4 |
| 9 | 6 | 4 | 7 | 8 | 2 | 5 | 1 | 3 |
| 8 | 1 | 3 | 9 | 6 | 5 | 4 | 7 | 2 |
| 5 | 7 | 2 | 4 | 1 | 3 | 9 | 6 | 8 |
| 3 | 9 | 8 | 6 | 7 | 4 | 1 | 2 | 5 |
| 1 | 2 | 6 | 3 | 5 | 8 | 7 | 4 | 9 |
| 7 | 4 | 5 | 2 | 9 | 1 | 8 | 3 | 6 |

## Send a KISS

**You can now post your kiss, and read even more kisses, at metronews.ca/kiss.**

*Gerard*
*Round-faced boy from Gerard, we have a perfectly matching eating schedule. Every time I go to eat, there you are. Not that I'm creepy or anything. Anyway, it sure is cool when we make eye contact, isn't it? You're really cute and have nice hair, and you should know you can always sit by me. :)*
**FROM BABY J**

*Thoughts of you You wanna be with? Come with? Here with? Me! Me! Me! Like your loyalty equally! Wink!Wink! Sha-wink! Tickle, giggle, wiggle, squiggly! ;)*
**FROM LINGERING MEMORIES**

*CKG*
*You truly are one of the most beautiful people I've met. Not just on the outside, but in your heart! This Tuesday is our last class together, but I know that it is not the end =)*
**FROM CCB**

## A look at the weather

| TODAY | WEDNESDAY | THURSDAY |
|---|---|---|
| Min 1° Max 7° | Min -7° Max -6° | Min -11° Max -4° |

**Andrew Schultz, Meteorologist**
*"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".* WEEKDAYS 5:30 A.M.

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# NO NO NO

## PAYMENTS INTEREST MONEY DOWN

# FINAL 2011 CLEAROUT!!!

| Stock # | Year | Make | Model | Remaining | Retail | Payment | Sales Price | Savings |
|---|---|---|---|---|---|---|---|---|
| P110535 | 2011 | BUICK | ENCLAVE | 6 remain | $45,365 | $258 B/W | $38,393 | $6,972 |
| P110929 | 2011 | BUICK | LUCERNE | 8 remain | $35,640 | $182 B/W | $26,999 | $8,641 |
| P110007 | 2011 | BUICK | REGAL | 5 remain | $33,540 | $192 B/W | $28,503 | $5,037 |
| C111262 | 2011 | CADILLAC | CTS | 4 remain | $38,695 | $227 B/W | $33,751 | $4,944 |
| C111253 | 2011 | CADILLAC | ESCALADE | 5 remain | $93,230 | $999 MO. LEASE | $70,995 | $22,235 |
| C110545 | 2011 | CADILLAC | SRX | 2 remain | $43,560 | $280 B/W | $41,659 | $1,901 |
| C110717 | 2011 | CHEV & GMC | COLORADO & CANYON 2WD REG. CAB | 6 remain | $26,060 | $118 B/W | $17,575 | $8,485 |
| C111660 | 2011 | CHEVROLET | 1500 4WD REG. CAB | 14 remain | $34,310 | $162 B/W | $24,080 | $10,230 |
| C111371 | 2011 | CHEVROLET | CAMARO | 5 remain | $30,240 | $162 B/W | $23,999 | $6,241 |
| C111201 | 2011 | CHEVROLET | COLORADO 4WD EXT. CAB | 2 remain | $33,270 | $162 B/W | $24,117 | $9,153 |
| C110755 | 2011 | CHEVROLET | CRUZE | 14 remain | $16,510 | $109 B/W | $16,179 | $331 |
| C110348 | 2011 | CHEVROLET | EQUINOX AWD | 3 remain | $31,440 | $202 B/W | $29,999 | $1,441 |
| C110233 | 2011 | CHEVROLET | IMPALA | 8 remain | $29,555 | $176 B/W | $26,206 | $3,349 |
| C110368 | 2011 | CHEVROLET | MALIBU | 4 remain | $29,045 | $159 B/W | $23,614 | $5,431 |
| C111028 | 2011 | CHEVROLET | TRAVERSE | 13 remain | $37,395 | $214 B/W | $31,752 | $5,643 |
| P110822 | 2011 | GMC | 1500 2WD CREW CAB | 2 remain | $33,940 | $154 B/W | $22,904 | $11,036 |
| P111190 | 2011 | GMC | 1500 2WD REG. CAB | 4 remain | $28,920 | $131 B/W | $19,432 | $9,488 |
| P111165 | 2011 | GMC | 1500 4WD CREW CAB | 23 remain | $40,135 | $191 B/W | $28,408 | $11,727 |
| P111255 | 2011 | GMC | 1500 4WD EXT. CAB | 9 remain | $39,535 | $187 B/W | $27,851 | $11,684 |
| P110623 | 2011 | GMC | TERRAIN | 4 remain | $29,015 | $188 B/W | $27,999 | $1,016 |
| P111021 | 2011 | GMC & CHEV | 2500 4WD CREW CAB | 7 remain | $52,180 | $275 B/W | $40,920 | $11,260 |

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